

independence

ISSUE 4

from



Your Local Specialist

INSIDE...

FUN AND GAMES THROUGH THE AGES

MEMORY TIPS

SOCIAL CARE UPDATE

RESEARCH DEVELOPMENTS

APP SHOWCASE

...AND MUCH MORE

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We are one of the largest retailers of mobility aids in the UK and have the most retail outlets, with over 30 stores from as far north as Scotland, down to Bournemouth and Southampton on the South Coast of England.

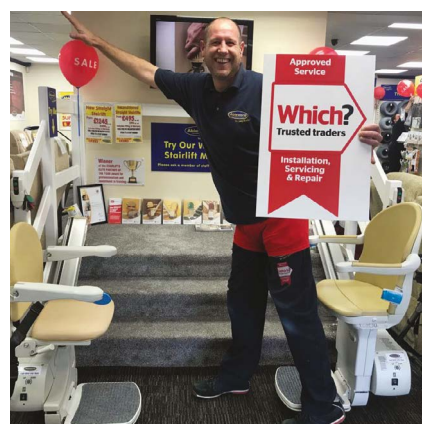
As well as our fully stocked stores, you can also choose some items online at www.ableworld.co.uk

We choose to trade ethically and as a result some mobility items that require an assessment are not sold through our website.

If you do decide to buy a product from Ableworld, you'll be in good company – over 200,000 people have asked our advice, visited a store or bought a product from us.

And you'll be safe in the knowledge that the company has been around a good while too. Ableworld was founded in 2000 by our Managing Director who spent three years researching how best to offer support after experiencing difficulty when shopping for mobility aids for an elderly relative.

Our first store opened in 2001 and we have plans to open more in the next few months and so keep an eye open for an Ableworld Store opening near you!



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Welcome to the latest issue of Independence



Welcome to the fourth issue of Independence. Whether you are already an existing customer or looking to buy your first product to help make life easier, I hope you enjoy the latest magazine.

As always, we have a variety of articles, including a look at the recent changes to Social Care and how they may affect people in the future.

If, like many of us, you struggle to remember things these days, then we have some useful tips on how you can exercise your memory. And, on the subject of exercising, we take a look at the benefits of Tai Chi and Yoga.

For the more technical-minded, we also have a round-

up of the latest apps that can help you in your day-to-day lives.

There is also news about Ableworld and what we have been up to over the past few months.

Michelle

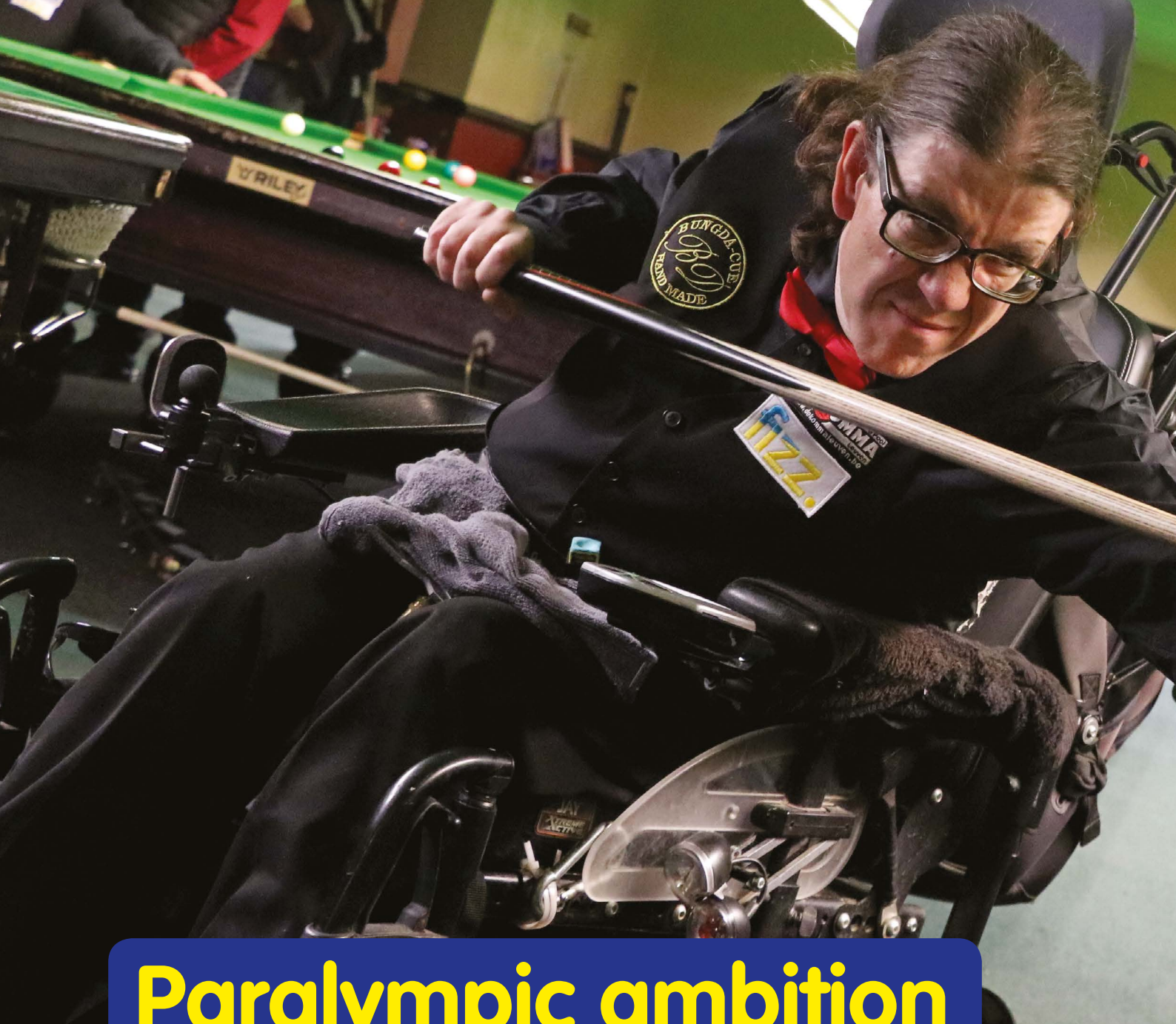
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Paralympic ambition for snooker players

Disability snooker has made significant strides since the formation of World Disability Billiards and Snooker (WDBS) three years ago.

A subsidiary company of snooker's world governing body the World Professional Billiards and Snooker Association (WPBSA), WDBS has hosted regular weekend events including a mix of competitive tournaments and open days since 2015 for people with disabilities to enjoy snooker. Open to people with physical disabilities

(wheelchair and ambulant), as well as learning and sensory disabilities including hearing and visual impairments, WDBS events aim to be as inclusive as possible.

Through a combination of extensive promotion both through social media and local disability groups, as well as word of mouth from people who have enjoyed

being involved at events, WDBS has seen significant growth in recent months.

The WDBS Welsh Open saw an impressive 55 entries received for the weekend competition, a record subsequently shattered at the Fizz Open Disability Snooker Championship with over 80 players competing across the weekend.



Snooker snippets

- The first World Snooker Championships were held in 1927. The winner took home just 6 pounds and 10 shillings.
- The first televised maximum break was made by six-time World Champion Steve Davis in the 1982 Lada Classic.
- Joe Davis won the World Championships 15 times in a row between 1927 and 1946 (excluding WWII years).
- The game of snooker started in its modern form in the late 19th century, with roots going back to the 16th century form of English billiards.
- The rules of snooker allow a referee, if a player is colour blind, to tell them the colour of a ball if requested.
- Snooker is said to have been devised in 1875 by bored army officers in India experimented with variations on billiards.

As well as those participating in the weekend tournaments, WDBS has also welcomed several local disability groups to its Friday Open Days, with many people with disabilities given the opportunities to try snooker under the guidance of accredited WPBSA World Snooker coaches.

Each April at the professional World Championship in Sheffield, players are invited to be a part of the annual World Snooker Disability Day, including an exclusive backstage tour of the Crucible Theatre and the chance to take part at 'Cue Zone' with the BBC presentation team.

The long-term ambition of WDBS remains to see snooker restored to its rightful place at the Paralympic

Games. It is a little-known fact that snooker was one of the founding sports of the Paralympic Movement at Stoke Mandeville and was included at the Games as recently as 1988 in Seoul.

Nigel Mawer, vice-chairman of the WPBSA has chaired WDBS since its formation in 2015 and is proud of the growth that he has witnessed during that time. "I am extremely proud of how WDBS has developed and grown over the past three years," he said. "Although WDBS is still in its infancy as an organisation and we have a lot of work still to do to reach our ultimate goal of getting snooker back into the Paralympic Games, we have already come a long way since our first event."

Win a pack to make life easier in the Kitchen

Tenura, manufacturer of anti-slip and grip enhancing daily living aids to help people maintain an independent living is giving away 3 kitchen packs that could make life an awful lot easier at mealtimes.

The Tenura kitchen pack consists of 3 products from the Tenura range, suitable for use in a variety of environments.

Consisting of Tenura jar and bottle openers and circular coaster, you will be able to open containers and bottles with ease along with a variety of twist fittings which previously may have been challenging. The coaster can be used as the name implies, or as a non-slip base when using the jar or bottle openers to provide more grip.

The Tenura kitchen pack

gives people with impairment to strength of grip and ailments their independence back in certain areas of their life.

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Photo by Damian Patkowski on Unsplash

Fun and games through the ages

For some people, they only come out at Christmas. For others, getting the Monopoly, Scrabble or Chess set out is a much more frequent habit.

These days, of course, ‘gaming’ is a huge industry. In 2015 the video game industry was estimated to be worth over \$91.5 billion. The average gamer age is 35 and has been playing video games for 14 years and 68% of smartphone or tablet owners play games.

If you are good at video games, then there is plenty of money to be paid too. A few years ago, the top 15 professional gamers made between \$226,776 and \$454,544 at tournaments.

There’s no doubt that games have come an awfully long way indeed. People have been playing board games since civilisation began. A board, dice and counters were found in Iraq dating from 3,000 BC.

The Egyptians played a board game called senet. The board was divided into squares with counters

and sticks were thrown rather than a dice. The Romans played a game called the twelve line game, similar to modern Backgammon. It is said that excavators of Pompeii found a Backgammon table in almost every villa and a Backgammon set was found on the wreck of the Mary Rose.

Chess is also one of the earliest games too, but the origins of Chess are not known for sure. It is thought that it might have been invented in India in the 6th or 7th century AD and that by the 10th century it was being played in Europe. The first international chess tournament was held in London in 1851.

Games similar to draughts were played by the ancient Egyptians, Greeks and Romans. The Arabs played a similar game and by about 1100 a form of draughts was being

played in France.

Centuries ago, a form of the game Snakes and Ladders was used in India as a teaching tool for children to understand the effect of good and bad deeds. The ladder represented good values like kindness, humility, and faith. The snake represented the opposite characteristics.

Two games that became a couple of the most popular in the UK came along in 1935 and 1949. Monopoly was introduced in 1935 and was followed by Cluedo. Cluedo was devised by Anthony E. Pratt from Birmingham, England and was first manufactured by Waddingtons in the UK in 1949.

Monopoly has a really interesting background and can be traced back to 1903. Elizabeth Magie worked as a stenographer and was a very early

social justice advocate. She was concerned that income inequalities were so big and that monopolists were so powerful and so she decided to try to get a message across by creating a board game that would illustrate the negative aspects of concentrating land in private monopolies.

Her game was called The Landlord's Game and she produced it herself, in 1906. A game that was designed to be critical of capitalism has become the game that seems to promote it! Eventually the game became known as Monopoly when it was first produced for the wider market.

Another big favourite, Scrabble was created in 1938 by American architect Alfred Mosher Butts. Scrabble was an adaptation of another game he had invented a few years earlier which was called Lexiko. The new game was called 'Criss-Crosswords'. He manufactured a few sets himself, but was not successful in selling the game to any major game manufacturers of the day.

However, in 1948, one of the few owners of 'Criss-Crosswords', James Brunot, bought the rights to manufacture the game in exchange for granting Butts a royalty on every unit sold. Brunot simplified the rules and changed the name to 'Scrabble', a real word which means "to scratch around to find something."

Brunot also struggled to make an impression with the game. In the first year, he produced 2,400 sets, but lost money.

According to legend, the big break came in 1952 when Jack Straus, president of Macy's, played the game when he was on holiday. He liked it and placed a large order for his stores and very quickly it became a best-seller.

The game is now sold in 121 countries and is available in 29 languages and around 150 million sets have been sold worldwide. It is believed that around one-third of American and half of British homes have a Scrabble set.

Of course games and gambling are linked and there is a lot of publicity these days about the number of people who have a gambling habit that is a problem for them. However, it seems that gambling and games has always been an issue.

Apparently, during the Crusades stakes were so high when playing board games, that Richard the Lionheart and Philip of France both decreed an act prohibiting soldiers with a lower ranking than knight from playing any games for money. There were limits in force for the soldiers who were allowed to play and knights and clergymen could lose no more than 20 shillings every day.



Photo by Randy Fath on Unsplash

THE ROLL OF THE DICE FOR GAMES

- Battleship was one of the first games to be made into a computer game in 1979.
- The name Jenga is based on the Swahili word meaning "to build."
- The tallest Jenga tower ever was 40 levels tall plus two additional blocks on top.
- The longest Monopoly game ever went on for 70 straight days.
- The most expensive Monopoly set in the world is worth \$2 million. It was crafted with 23-karat gold, rubies, sapphires, and diamonds.
- Fidel Castro banned Monopoly in Cuba.
- The game 'Operation' was invented at the University of Illinois in 1962 as part of a class assignment to invent a game or toy.
- The inventor of Operation only made \$500 off his game after selling the prototype.
- Two journalists invented Trivial Pursuit in 45 minutes.
- There are around 4,000 Scrabble clubs around the world.



Photo by Sven Brandsma on Unsplash



Remember...remember

Our brains are incredible things. They have the capacity to store up to 2.5 petabytes of data. That's the equivalent of three million hours of TV shows, or about the same storage as nearly 4,000 256GB iPhones.

You may think that, as you get older, your memory automatically deteriorates but the good news is that it's not necessarily true.

The fact is that you can do something about it, by training your mind using mental exercises. It could be something as simple as memorising lists or playing games. It's all about regular stimulation and things like crosswords, jigsaws, Sudoku, Scrabble, Chess and endless other games and puzzles can make a difference too.

One study involving 70 healthy volunteers over 60 years of age found keeping mentally active can halve the rate at which the brain's memory centre deteriorates with age. A newspaper article suggested that simply reading or playing bingo could be as good for an ageing brain as learning a new language.

Another easy way to stimulate your mind is to consider a home

study course. There are plenty of opportunities these days to take up a course which you can complete at home through organisations such as The Open University and Learn Direct.

Another option is The University of the Third Age (U3A). There are over 1000 local U3As across the UK with over 425,000 members. Founded over 35 years ago, the UK U3A movement aims to encourage groups of people in their third age to come together and continue their enjoyment of learning in subjects of interest to them. The focus is on a collaborative approach with peers learning from each other.

U3A isn't actually a university; it is designed for people aged around 50 and over who enjoy learning about new subjects. Many of the courses are presented by U3A members themselves and so it is very relaxed and informal.

Do you enjoy a good laugh?

Well, it seems that it could be true that laughter is the best medicine after all. Studies have shown that laughter engages multiple regions across the whole brain and so simply by tuning into your favourite comedy programme could be beneficial. Or, why not have a night out at a local comedy club? You'll find plenty of comedy club options in all areas of the UK.

You can even give your brain a workout by listening to jokes and working out punch lines. Apparently, this activates areas of the brain vital to learning and creativity.

A simple trick to help with memory is simply to close your eyes. A research study showed that when someone closed their eyes, they were able to answer 23 percent more questions correctly about a movie they had just watched. When you close your eyes, you are less distracted and that allows your brain to focus more.

Photo by Kelly Sikkema on Unsplash

Memory loss actually starts very early in life. In fact, we start to forget childhood memories while we're still very young. For example, it is most unlikely that you will remember what it was like when you walked for the first time, or one of your very first birthdays.

A study found that while children between the ages of five and seven remembered 60 percent or more of their early life events, eight and nine year-olds recalled less than 40 percent of the same memories.

We remember some things better than others. For example, it seems that we don't remember sounds that well.

We also choose what we remember. A study that asked people to recall good and bad memories showed that 60 percent of the bad memories were forgotten compared to just 42 percent of the good ones.

There are little tricks we can use to improve things. One is to simply close your eyes. A study found that, when people closed their eyes, they were able to answer 23 percent more questions correctly about a movie they had just watched.



Photo by Anita Jankovic on Unsplash

By closing your eyes, you remove outside distractions and allow your brain to focus on the recollections at hand.

Meditation can also improve memory. An American study found that college students who attended 45-minute meditation sessions four times a week scored 60 points higher in an exam after just two weeks.

The message is to treat your memory just like your muscles. The more you give your brain a work out, the easier it will be to remember things.

For details of educational courses, take a look at www.learnirect.com, www.open.ac.uk or www.u3a.org.uk/

A FEW MEMORY FACTS...

- At just 10 years old, Nischal Narayanam claimed his first Guinness World Record, for most random objects memorised. He memorised 225 random objects in a little over 12 minutes.
- Our ability to identify faces peaks between the ages of 30 to 34. After that, it slowly declines, until we can only recognize an estimated 75 percent of people in our 70s.
- It is believed that you can hold between five and nine items in your short-term memory, and they will stay there for just 20 to 30 seconds. Those memories that don't get stored in the long-term memory are ultimately just forgotten.
- Left-handed people have a better chance of remembering information than right handed people. Apparently, they have larger corpus callosums, which link the brain's hemispheres and make memories clearer in the mind.
- A piece of music composed by Italian composer Gregorio Allegri could only be performed in the Sistine Chapel and was not to be written down for circulation. After hearing the piece just once, fourteen-year-old Wolfgang Amadeus Mozart was able to transcribe it entirely from memory.
- Taking a photo to remember a significant moment in time actually makes our memories of that moment worse. A study found that subjects who didn't take a photo of a painting had better recollections of it than those who took a photo.
- You are more likely to remember something if you say it out loud. Researchers discovered that saying things out loud while reading helps store those words in our long-term memories.

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Study highlights benefits of retirement living communities

A new study shows older people benefit from improved physical and mental health in retirement communities, resulting in cost savings to the NHS.

Findings from the independent study into healthy ageing carried out by Lancaster and Aston Universities showed that residents living within a charity's retirement communities are more physically active (75% increase in exercise), benefit from a reduced risk of falls (18%), are less anxious (23%), have an increased walking speed, were 'never or hardly ever' lonely (86.5%), have improved autobiographical (24%) and memory (17%) recall and can delay or reverse the onset of frailty.

The study was commissioned by the ExtraCare Charitable Trust, a registered charity that operates 19 midlands and southern-based retirement villages and housing schemes.

It follows the charity's 2012-2015 research with Aston University which revealed a 14.8% reduction in depressive symptoms amongst residents after three years, and annual NHS savings of 38% per person.

Over 4,500 residents, aged 55-100+ live in the charity's retirement

communities, most with 250 plus homes and up to 18 facilities including gyms, shops, hair salons, IT suites, hobby rooms and bistro restaurants.

Residents live in one or two-bedroom apartments with care, well-being and dementia support available. A number of 'play groups' are being set up within its communities following its successful participation in Channel Fours 'Old People's Home for Four Year Olds' in 2018.





What is the cost of social care and is it about to change?

By Amanda Attrell, Head of Later Life at Rix & Kay

In March 2017, the Conservative Government announced in the Budget that it would publish a Green Paper on social care and a review of the way social care is funded in the UK. This commitment was repeated in the Conservative Government's manifesto in the lead up to the General Election in May 2017.

Almost two years on there is still no clear sign that the much awaited Green Paper will be published. In June 2018 the Health and Social

Care Secretary announced a ten year plan for the NHS and said that the Green Paper would be published in autumn 2018. It was later promised before the end of 2018 but the latest statement issued by Government suggests "the first opportunity in 2019".

Wasn't there a proposal agreed a few years ago?

The future of social care has been a hot topic of debate for many years. In 2009, the Labour Government's

Green Paper proposed a National Care Service and an introduction of a two-year cap on social care charges followed by free social care after 2015.

In 2011, the Coalition Government proposed a cap on lifetime social care of £72,500 and a more generous means-test. These proposals were due to come into effect in April 2016 but their introduction was postponed until April 2020. However, in December 2017 the Government announced

that the proposals would not go ahead with the promise of the Green Paper and more generous proposals to come.

What will the Green Paper cover?

The Green Paper will cover social care for adults of working and retirement age. Much of the public discussion about funding for care focuses on care for the elderly however only a minority of publicly funded social care is spent on those aged 65 and over.

The Government states that the Green Paper proposals will “ensure that the care and support system is sustainable in the long term”. Whilst the Paper will look primarily at the funding situation, there are also proposals for integration with health and other services. Housing, social isolation, the role of unpaid carers, care workforces and technological developments are also topics to be covered.

What happens when the Green Paper is published?

There has been no indication as to how swiftly progress will be made once the Green Paper has been published. There will be a full public consultation once the Green Paper is published following which it might be expected that the Government will publish a response to the consultation (a White Paper) setting out how it has responded to the comments and will take matters forward.

How do people pay for social care in the meantime?

Whilst NHS care is mostly free, this is not the case for social care. Instead, a means-test is applied to determine if a person is entitled to receive any financial help from the local authority towards the cost of their care. The means-test differs depending on whether you receive care at home or in a care home setting.

Broadly, a care home resident with capital in excess of £23,250 will not be entitled to financial assistance from the local authority and will have to pay for the full cost of their care. If a person has capital below

£23,250 then they will be eligible for financial support but they will still be expected to contribute their income (except for a weekly personal expenses allowance of £24.90), and some of their capital (if in excess of £14,250) towards the costs. The value of a person’s home will be disregarded for the first twelve weeks and sometimes longer if, for example, your spouse continues to live in the home.

For those receiving social care in other settings, such as at home, local authorities can establish their own frameworks for charging. If you are receiving care at home then the value of your property is excluded from the means-test assessment.

The upper and lower capital limits of £23,250 and £14,250 have not been reviewed since 2011 and the weekly personal expenses allowance of £24.90 has remained the same since 2015. Many argue that the failure to review these figures means that more people face paying the full price for their care and there is currently no cap on the amount that an individual can spend on social care during their lifetime.

If someone qualifies for NHS Continuing Healthcare because their needs are primarily health-related then both their health and social needs are paid by the NHS. If a person is not eligible for NHS Continuing Healthcare but they still have some health needs then the NHS may pay for part of their care. A common example of this is NHS-funded Nursing Care (FNC) which is paid to care home residents who require the services of a registered nurse. The current FNC standard rate is £158.16 per week.

There are a range of carers and disability benefits that can be claimed from the Department for Work and Pensions, including Attendance Allowance which is a non means-tested benefit which can be claimed if you have reached State Pension Age and you have needed help as a result of a physical or mental disability for at least six months.

Are there things you can do to prepare for paying for care?

If someone intentionally reduces their assets to avoid paying for their current or future care needs (known as deprivation of assets), the local authority can carry out the means-test as if they still own any assets that they have spent or given away. The timing and reasons behind any such action will play an important role in the local authority’s decision as to whether deprivation of assets has occurred. There are, however steps that you can take that may help to safeguard assets that do not constitute deprivation of assets. For example, a married couple may prepare Wills that pass assets into trust so that, if the surviving spouse needs care in the future, the assets of the deceased spouse are excluded from any means-test assessment.

The system of paying for care is complex and every case is unique. For more information and an informal discussion about your personal circumstances please contact Amanda Attrell, Head of Later Life at Rix & Kay. amandaattrell@rixandkay.co.uk

About Amanda...

Amanda Attrell is Head of Rix & Kay’s specialist Later Life Team who support individuals and their families who wish to get their personal and financial affairs in good order as they plan for their later years. Amanda is a registered Dementia Champion.

For more information email amandaattrell@rixandkay.co.uk

www.rixandkay.co.uk/later-life



Research Update

Vaccine hope for pain sufferers

Researchers have developed a vaccine that, in tests on mice, has proved effective at treating persistent pain caused by osteoarthritis.

Scientists from the University of Oxford, University of Bern and the Latvian Biomedical Research & Study Centre have found that the drug, which works by blocking a protein called nerve growth factor, which is increased in people with persistent pain, had the potential to be a game changer for the millions of people with osteoarthritis.

It is estimated that a third of people aged 45 years and older have sought treatment for osteoarthritis in the UK (8.75 million). At least 18% of adults over 45 in England and 17% in Scotland have osteoarthritis of the knee.

As well as being the most common joint disease in humans, osteoarthritis is also one of the leading causes of persistent pain. A large proportion of people with the condition have found currently available pain relief regimes ineffective, unsuitable for long term use or associated with side effects.

The challenge for researchers is to develop a new class of pain relief that can be more effective than those currently available and which have fewer side-effects.

Although the results of initial testing are positive, the research is still in its infancy, with many more rounds of testing needed before human trials can be considered.

Positive stimulation result for Parkinson's

Scientists at Imperial College London have discovered a potential way in which deep brain stimulation (DBS) can help tackle Parkinson's symptoms. The early stage research found that DBS increases the size of mitochondria in people with Parkinson's.

In DBS, very fine wires are carefully inserted into the brain to electrically stimulate particular groups of brain cells involved in controlling movement to adjust their activity. These wires are then connected to a battery pack which is usually placed under the skin in the chest. Despite the success of the treatment, it's still not fully understood how this electrical stimulation works to improve movement.

The new study found that, in people with Parkinson's, the number and size of mitochondria were decreased compared with those without the condition. However, DBS was shown to increase the size of mitochondria back to healthy levels in the brains of people with Parkinson's.

It's known that mitochondria stop working properly in Parkinson's, depriving the brain cell of the essential energy it needs to function. These new results suggest that DBS slows or stops the loss of mitochondria in Parkinson's, boosting the energy levels in the brain cells. This in turn may help reduce problems with movement and tremors.

Hot chocolate and fatigue link

A project funded by The MS Society has found hot chocolate could help reduce fatigue in people with relapsing MS.

Researchers at Oxford Brookes University looked at whether flavonoid-rich hot chocolate was able to provide a benefit to people with MS fatigue. 40 people took part in the trial – half drank a flavonoid-rich hot chocolate drink once a day for six weeks and the other half a low-flavonoid alternative.

They found that a daily drink of



flavonoid-rich hot chocolate could have a positive long-term effect on fatigue. It is thought that the drink could also influence mood, cognitive performance, and the ability to perform certain movements. Flavonoids (a compound found in various plant-based foods, including raw cacao) are known for their high antioxidant properties, and researchers believe their positive influence on MS is because they reduce inflammation in the body.

Darker chocolate contains the most flavonoids. Hot chocolate or a chocolate bar with more than 75% dark cocoa solids will have a high flavonoid content. You can also find flavonoids in other foods, like fruit and vegetables.

A stop to the ringing?

New research has suggested that a patch worn on the back of the neck could help sufferers of Tinnitus which results in annoying ringing in the ears. There are five million Tinnitus sufferers in the UK.

A team at the University of West Virginia in the US has been testing the concept on Tinnitus sufferers. For the research, they wore a patch containing lidocaine, which is a local anesthetic often used by dentists. They had a patch on the base of their skulls for up to three months, with a new patch being used each day.

The results showed that most people had a significant reduction in ringing after just a month, with even better results after two and three months.

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Parnell Bed Rail

The Premier Parnell Bed Rail is a useful aid for people who need a little assistance when getting into and out of bed. With a broad base and a sturdy frame, it is strong, safe and reliable but it is also very easy to clean and clamps easily to the underside of almost any bed design. When not required, it folds flat for storage and, when erected, it presents no risk of tripping because the base lies flush with the floor. Comes in three sizes. Made in Britain and British safety tested.



Floating Thermometer

Simply give the thermometer a shake and throw it into the bath and in 5 seconds, it will give you an accurate reading in degrees centigrade. Once in water the thermometer will re-check the temperature every five seconds. This bathroom essential features an easy to read LCD display and visual warnings for excessively hot or cold temperatures.



Derby Tap Turner

Standard household taps can be difficult to turn, especially for those with poor grip or arthritis. Derby Tap Turners can solve the problem, by providing a large textured handle which is easy to push, starting the flow of water. They can be used on capstan and crystal type taps, with no tools required. The screw-in handle grips the tap with a soft non-slip lining on the inside, providing the extra leverage needed to turn them with ease. Colour coded in red and blue enabling those with impaired eyesight to quickly identify the correct tap.



Branded Scooter and Wheelchair Bags

This strong durable bag is ideal for most scooters with or without a headrest and some wheelchairs. There are two side sleeves to place crutches or walking sticks. It has one main compartment, a small zipped front pocket and a front net pocket. There is also a reflective strip for safety.



*Insurance/Warranty is arranged by Ableworld UK Ltd and provided through Mark Bates Ltd 1/a Premier Care, Premier House, Londonthorpe Road, Grantham, Lincs NG31 9SN who are authorised and regulated by the Financial Conduct Authority. FRN 308390

www.ableworld.co.uk



Your Local Specialist

Ableworld News...

DONATION FOR COOKERY WORKSHOP

Ableworld has donated a selection of kitchen and dining products to the NeuroMuscular Centre in Winford, Cheshire for them to use in their new cookery workshops

This fantastic centre provides a range of unique services and specialist advice with the sole aim of improving the quality of life for adults with Muscular Dystrophy and other neuromuscular conditions.

Sandie Wilson, Head of Therapies said: "Ableworld very kindly donated equipment for our users to trial at our very first cookery workshop for accessible cooking. A huge thank you for the support."

www.nmcentre.com



Jake Bedford, Ableworld Marketing Assistant with Sandie Wilson, Head of Therapies



Nigel from our Llandudno store getting into the Benidorm spirit

A SCOOTER IN THE SUN

When the cast of the successful touring Benidorm production needed a loan of a scooter for a production recently, the Ableworld team were happy to oblige and made sure that a suitable model was delivered to the Solana all-inclusive hotel, but resisted the temptation to sing a few songs in Neptune's Bar!

The show, which was first on TV in 2007, has received two National Television Awards and nominations at the British Comedy Awards and BAFTAs.

Television network FOX has commissioned an American adaptation of the sitcom, named The Big Package, which will be set in a Mexican holiday resort.



Our Ableworld Newport store team Andy and Jacqui visited Wellbeing Madeley Community Cafe, where we were happy to donate a selection of our independent living aids.

Wellbeing cafe is a community cafe that provides a safe environment for people to access food, drinks, health & social care guidance, volunteer placement and much more. Our mobility aids will be in a section for customers to 'try before you buy' to support people to live independently.

App Showcase

What is an app?

'App' is short for 'application' – or a computer programme. They can be downloaded from an online shop run by the makers of the phone or tablet's operating system. For the iPhone and iPad, it is the 'App Store'. Many apps are free or cost a small amount, although specialist apps can be a lot more.

Help for young people to connect to relatives with dementia

Young people who have difficulty talking to older relatives or friends with dementia can now be helped by a smartphone app called Ticket-to-Talk.

The new app is available free to download on Android and IOS devices. Items such as photos of old cars or pets and clips from favourite films and YouTube videos can be used to start and guide conversations and stimulate reminiscences.

Ticket-to-Talk is part of the Dem Talk project, which is developing advice packages and technology such as websites and phone apps to help communication between people with dementia and those who care for them.

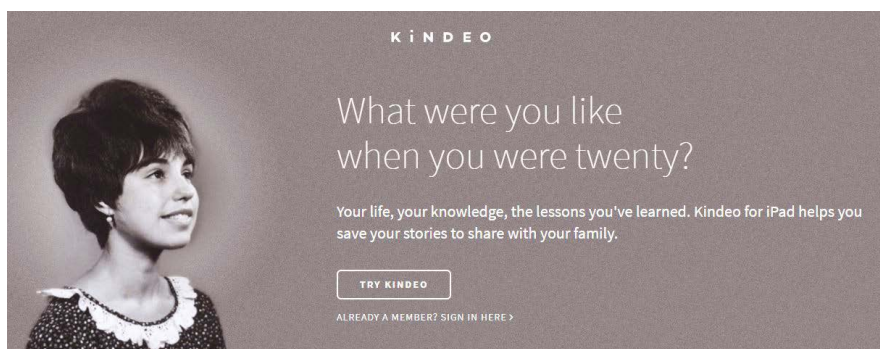
You can find out more at <https://tickettotalk.openlab.ncl.ac.uk>

Tell your life story on video

Kindeo is an app that helps older people tell their life story on video, capturing important memories and wisdom built up during their lifetime to share with current and future generations of their family.

The app is very easy to use and has a simple question based design to help tease out stories about someone's life. The answer to each question is recorded as part of a short video.

Kindeo stores all your videos safely for you, to keep and share with your family whenever you like. You can record and save as many



videos as you like.

You can take a look at www.kindeo.com

Visual assistance through an army of volunteers

Over a million people have signed up to become sighted volunteers on Be My Eyes, a free app that supports people who are blind or have low vision.

The app is active in more than 150 countries and offers help in more than 180 different languages, making vision available, on demand, for anyone, anywhere.

When a blind or low vision user makes a call, they're connected with a sighted volunteer through a live video feed from their smartphone's camera. Within seconds a volunteer is available to provide visual assistance, with tasks ranging from distinguishing food labels, navigating a busy street, sorting through mail or reading birthday cards aloud to recording music, shopping for the right shoe size or determining the next bus departure time.

Since the launch in January 2015, 81,150 blind and visually impaired has been assisted by more than 1,351,882 sighted volunteers.

More information at www.bemyeyes.com

Managing Rheumatoid Arthritis

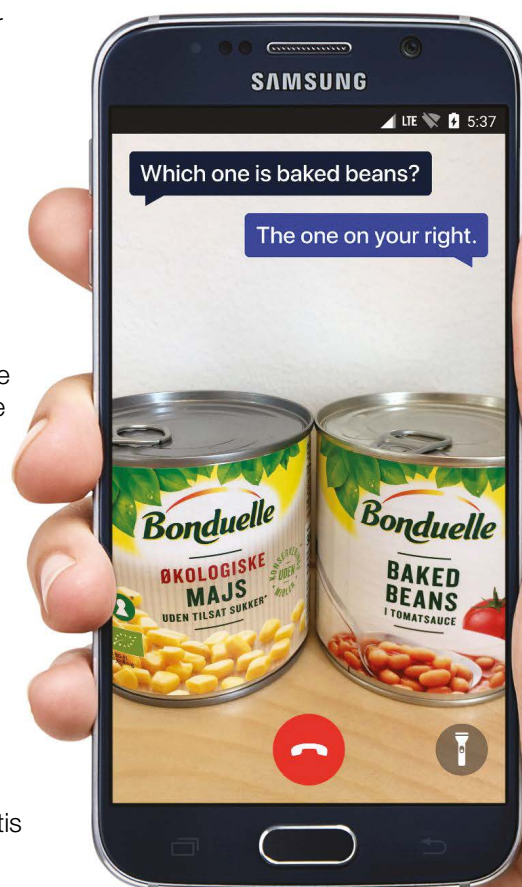
RheumaBuddy is a new free app for people with rheumatoid arthritis that helps people get a better

understanding of what influences the good or the bad days.

Each day, users can register how they are affected by their RA to get a better understanding of the different factors that affect their disease.

The pain body-map allows users to pin point and note specific areas of pain. You can also log sleep, exercise and hours of work. And users can chat with other patients and learn from their experiences.

The app is available on Google Play and through the App Store.



Choosing the right Stairlift for your home

Approved Service

Which?
Trusted traders

Servicing, repair and installation

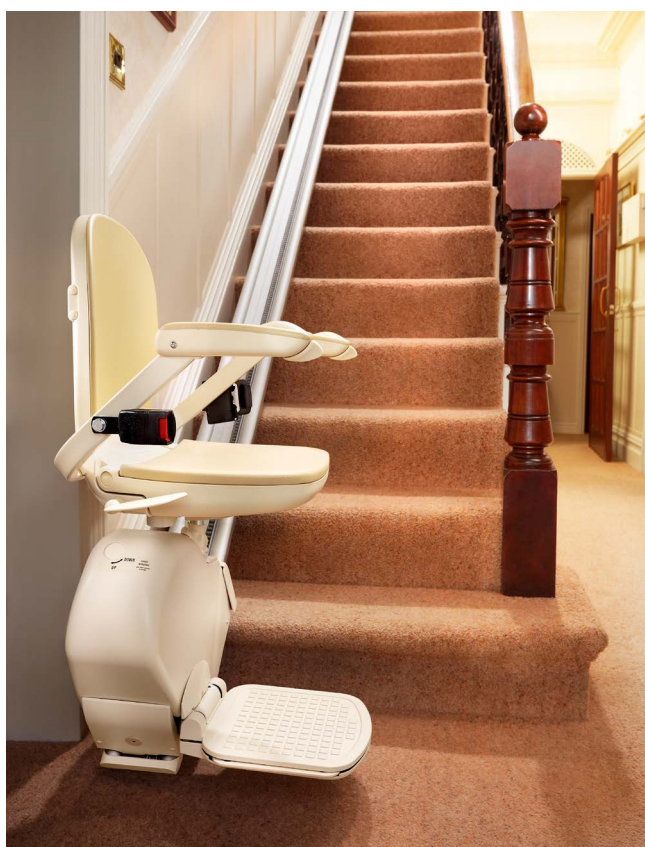
Stairlifts fall into two basic categories; straight and curved. It can be confusing to know which one you will need which is why we offer a no obligation, free of charge survey to advise you.

We realise that everyone's financial situation is different, this is why we offer a range of options to suit everyone.

Whether the stairlift is brand new, reconditioned or rental, we are sure that we can find the right solution for you.

Straight

A straight stairlift has no corners or turns



Curved

A curved stairlift has curves or turns in the stairs



All our stairlifts have at least 1 years warranty to put your mind at rest. However if you want additional peace of mind, we do offer a range of service agreements for new stairlifts. Ableworld offer a 24 hour, 7 days a week, 52 weeks of the year helpline where you can talk to a person – freephone 0800 470 1581

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Your Local Specialist

Why Tai Chi for Arthritis?

Tai chi is a gentle exercise that can help improve balance and prevent falls. It consists of making slow, graceful movements while breathing deeply.

Studies have found that Tai Chi also improves leg strength, cardiovascular endurance, flexibility, the immune system, and the ability to concentrate.

It is believed that Tai Chi was devised by a Taoist teacher who lived during the 13th Century and that it may have started originally as a form of self-defense or martial art. It is now practiced by millions around the world.

Although the activity levels are slow-moving and gentle, Tai Chi can be considered an aerobic exercise and is said to have benefits similar to taking a fast walk.

Because Tai Chi is a low impact exercise, it should be safe for all ages and all levels of fitness and studies have shown that it may well help to reduce falls in older adults by up to 45%.

Other benefits are thought to be a lower anxiety, stress, and depression, higher energy levels, better balance and flexibility, muscle strengthening and lower blood pressure.

There is some evidence that Tai Chi can improve mobility in the ankles, hips and knees in people with rheumatoid arthritis. However, it is still not known if it can reduce pain or improve the quality of life for



Photo by Mark Hang Fung So on Unsplash

people with rheumatoid arthritis.

The essential principles are all about the integration of mind and body integration with controlled breathing and mental concentration. The life force is known as the qi, which is pronounced 'chee' and the aim is to get that to flow smoothly and powerfully throughout the body.

The largest study of Tai Chi for Arthritis, was from the University of North Carolina and it showed significant health benefits for people with all types of arthritis.

In the study, 354 participants were split into two groups. The Tai Chi group received 8 weeks of lessons, while the other group was a control group waiting for Tai Chi classes. It was found that there was significant pain relief, less stiffness and better ability to manage daily living. The participants felt better about their overall wellness, as well as experiencing improved balance.

AND YOGA CAN HELP TOO...

An Australian study has found that yoga or tai chi can help people reduce their blood pressure, fatty acids and blood sugar levels – all risk factors for stroke.

UniSA Senior Lecturer in Human Movement, Dr Maarten Immink, said: “Physical activity plays an important role in preventing recurrent stroke but many stroke survivors may have limited mobility. This is where yoga and tai chi are so helpful. They are gentle, movement-based MBIs which help people focus – a state of mind which stroke survivors often lose – and be active at the same time.

The researchers analysed 26 studies published between 1985 and 2017 which examined how yoga and tai chi moderated key stroke risk factors, including blood pressure, cholesterol, diabetes, atrial fibrillation, smoking and alcohol consumption, obesity, anxiety and depression.

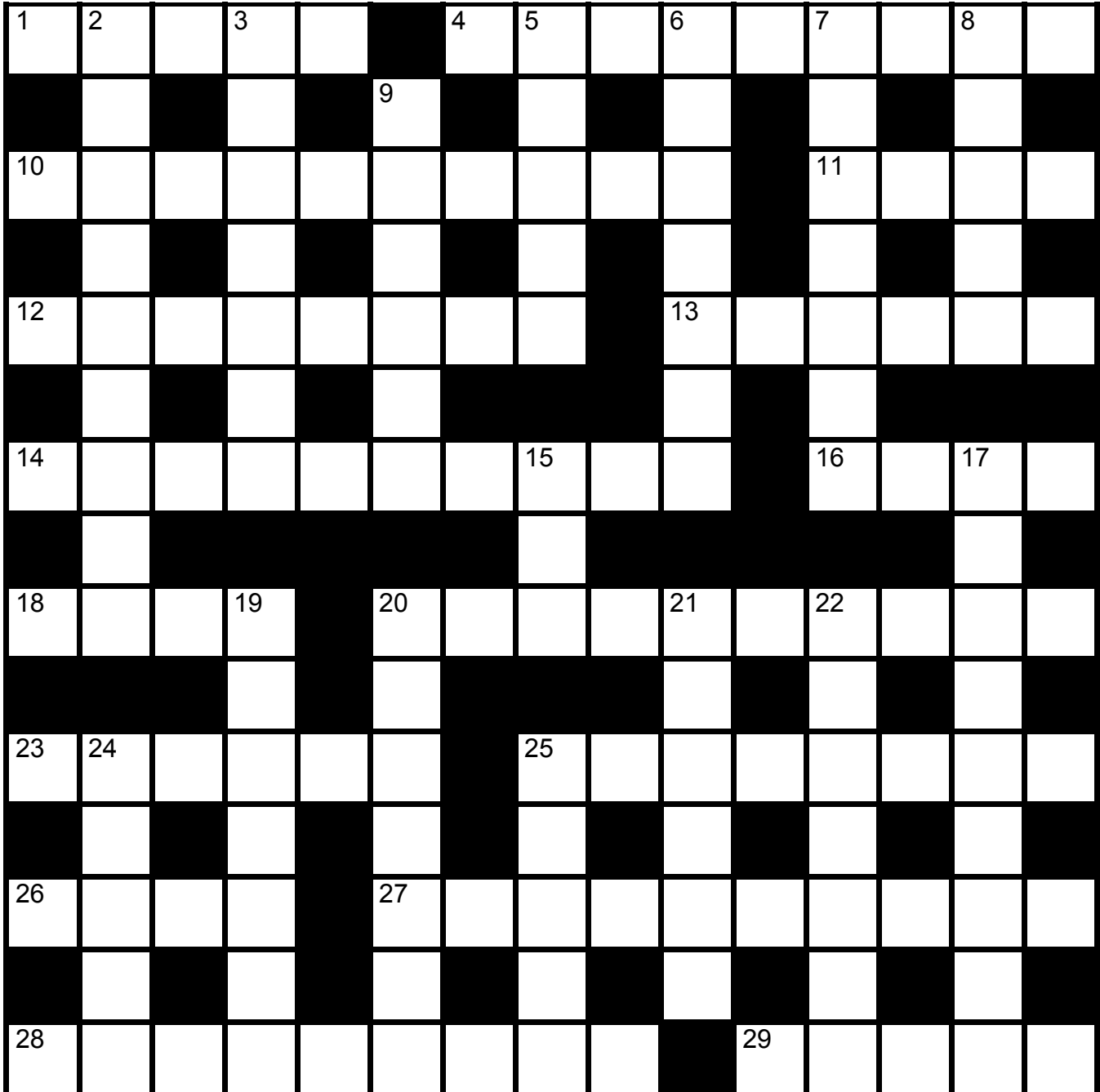
Some evidence suggests that yoga and tai chi regulate blood pressure by teaching people to breathe deeply, balancing and stabilising their autonomic nervous system and lowering their heart rate



Photo by Yannic Läderach on Unsplash

COFFEE TIME QUIZ

CROSSWORD



ACROSS

- 1 Scent (5)
- 4 Dutch canal city (9)
- 10 Lively interest (10)
- 11 Small margin (4)
- 12 Serious warning (3,5)
- 13 Animosity (6)
- 14 Tropical fruit (10)
- 16 Unspecified in number (4)

- 18 Singles (4)
- 20 Place to research (10)
- 23 Throughout (6)
- 25 E.g. Aldrin (8)
- 26 Knave (4)
- 27 Matrimonial lady-in-waiting (10)
- 28 Gun dog (9)
- 29 Customary (5)

DOWN

- 2 Weed (9)
- 3 Lift up (7)
- 5 Intended (5)
- 6 Hardens metal (7)
- 7 Christens again (7)
- 8 Item with exchange value (5)
- 9 Dozing (6)
- 15 Tennis high ball (3)

- 17 Salty cocktail (9)
- 19 Slacker (7)
- 20 Readable (7)
- 21 Subscriber (6)
- 22 Vacuum flask (7)
- 24 Long-continued practice (5)
- 25 Connected series of rooms (5)

SUDOKU

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			5					
		2				7		1
					1		4	
		9				5		
	5			6				
		8	9			1		
	2						3	7
	3				6			

WORDSEARCH

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

COFFEE TIME QUIZ SOLUTIONS

1	3	5	4	7	6	8	2	9
9	2	4	1	8	5	6	3	7
7	6	8	9	2	3	1	5	4
4	5	7	3	6	9	2	1	8
3	1	9	8	4	2	5	7	6
2	8	6	7	5	1	9	4	3
5	4	2	6	3	8	7	9	1
8	9	3	5	1	7	4	6	2
6	7	1	2	9	4	3	8	5

SUDOKU

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

WORDSEARCH

R	E	T	R	I	E	L	V	E	R	S	U	S	U	A	L
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CROSSWORD

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|--------------|--------------|
| Bob Hope | Lucy Liu |
| Cher | Mae West |
| Ice Cube | Nia Long |
| James Franco | Paul Rudd |
| Jay Mohr | Rob Lowe |
| Jet Li | Ryan Gosling |
| Jude Law | Tara Reid |
| Liv Tyler | Tim Allen |

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Service

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Trusted traders

Servicing,
repair and
installation

BIRKENHEAD 0151 6502200	GLOUCESTER01452 690250	RHYL01745 336843
BOURNEMOUTH..... 01202 575819	HANLEY01782 205901	SALFORD 0161 7281880
BRIDGEND 01656 856696	LINCOLN..... 0330 041 2964	SHREWSBURY 01743 369427
BROXBURN 01506 856565	LLANDUDNO01492 868561	SOUTHAMPTON..... 02380 440000
BURTON 01283 546867	Llandudno Central01492 338549	SOUTHPORT01704 537631
CARDIFF..... 02921 321072	NANTWICH..... 01270 626971	ST HELENS 01744 453038
CHESTER.....01244 675608	NEWARK.....0330 041 2965	STOCKPORT.....0161 4840832
CHRISTCHURCH 01202 496777	NEWPORT.....01952 820772	STOCKTON01642 602962
COLCHESTER 01206 561335	NORTHWICH 01606 331786	WAVERTREE..... 0151 7331118
CONGLETON01260 408161	OSWESTRY.....01691 680180	WIGAN 01942 233200
CREWE.....01270 255725	PAISLEY0141 8899925	WREXHAM 01978 358588
DARLINGTON 01325 481414	READING 01189 862121	



Further details on all our stores can be found on www.ableworld.co.uk

All our stores are open Monday to Saturday 9.00am to 5.30pm. Our Bournemouth, Chester, Hanley, Llandudno, Southampton and St Helens stores are also open on Sunday. Our Salford store is open Monday - Friday 9.00am to 5.00pm.

