

# independence

ISSUE 3

from



Your Local Specialist

## SPICE UP YOUR LIFE FOR A HEALTHY FUTURE

**INSIDE...**

**STAYING WARM  
IN WINTER**

**WIN A HANDY  
JAR OPENER**

**PLANNING FOR  
LATER LIFE**

**...AND MUCH MORE**



**FREE**

# An introductory word from the Ableworld team



If you are one of our thousands of customers, then we would like to thank you for your ongoing support.

The Ableworld network continues to grow thanks to all those customers who come back time and time again and let us help them choose the right products.

If this is the first time that you have seen anything about us, then here's a little about who we are and what we do.

We are the largest retailer of Mobility aids in the UK and have the most retail outlets, with over 30 stores all across the UK from Scotland, down to the South Coast of England. As well as our fully stocked stores, you can also view our full range and choose selected items online at [www.ableworld.co.uk](http://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 this year and so keep an eye open for an Ableworld Store opening near you!



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# A happy New Year from everyone at Ableworld



Welcome to the third issue of Independence and our first of 2019.

One of the articles in this issue is all about New Year resolutions and so if you have made one yourself, I hope it's going well!

We also take a look at how you can spice up your life by making tasty treats and how to stay warm this winter.

There is also a look at the latest research relating to Stroke and Parkinson's and we have details of some useful Apps too.

As always, there is also news about Ableworld and

what we have been up to over the past few months.

Finally, we have a lovely tribute in poem, written by one of our customers about his wife.

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 issue.

*Michelle*

Editor

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# Resolutions – or ‘A firm decision to do or not to do something’

Did you make a New Year’s resolution this time around and if you did, then how is it going? It’s a tradition that has been around for quite a considerable time.

*Photo by JESHOOOTS.COM on Unsplash*

The ancient Babylonians are said to have been the first people to make New Year's resolutions, some 4,000 years ago. They were also the first people to celebrate the new year, although for them it began in the middle of March.

It was linked to a religious festival when they crowned a new king or re-affirmed their loyalty to the reigning king. They also made promises to their gods and if they were kept, then they would be fine. If not, they believed that the gods would look badly on them.

In ancient Rome, Julius Caesar tinkered with the calendar and established January 1 as the beginning of the new year circa 46 B.C. January is named after Janus, a two-faced god and the month had special significance for the Romans. They believing that Janus looked backwards into the previous year and ahead into the future.

Keeping New Year resolutions isn't easy of course. A university study involving 3,000 people showed that 88% of those who set resolutions fail, despite the fact that

52% were confident of success at the beginning.

A good example of that these days is the increase in gym memberships that always happens at this time of the year. It seems that 67% of them actually go unused!

A few years ago a Google Maps project invited internet users from around the world to share their resolutions. Google then mapped them put them into the following categories: health, love, career, finance and education.

Health-related resolutions predominated in the US and Egypt. Visitors from Australia and Japan were looking for love. In Russia, meanwhile, education was the top priority. And in India, career goals were king.

Meanwhile, a Twitter study resulted in these resolutions being the top 10:

1. Diet, exercise and weight loss
2. Read more.
3. Learn something new.
4. Save money.
5. Be a nicer human.
6. Get a new job.
7. Give more time and money to charity.
8. Drink less.
9. Sleep more.
10. Make new friends.

## DID YOU KNOW...

The most common resolution made is to increase the amount of exercise - it is estimated that 37% of resolutions are about exercise.

Apparently, 22% of resolutions fail after about a week, 40% after a month, 50% after 3 months, and 60% after 6 months.

Around 38% of people claim to NEVER make a resolution.

According to a University study, only 8% of those who make New Year's resolutions actually end up keeping them.

# WIN the easy way to open those tricky jars and bottles

Are you or someone you know struggling to open jars and bottles?

If so, the handy Spill Not can help and the good news is that we have two of them to give away in our free draw.

They are perfect for anyone with limited grip or anyone with the use of just one hand. The rubber grip holds the jar steady when opening and spooning out the contents to prevent spillage.

Three inverted rubber cones hold a bottle or jar steady and they range in size from 1 inch (2.5cm) to 4 inch (10cm).

A rubber base helps to stop the opener moving on smooth surfaces and the unique design makes it a smart addition to your kitchen. It can be fixed permanently onto a worktop or stored in a drawer ready for use.

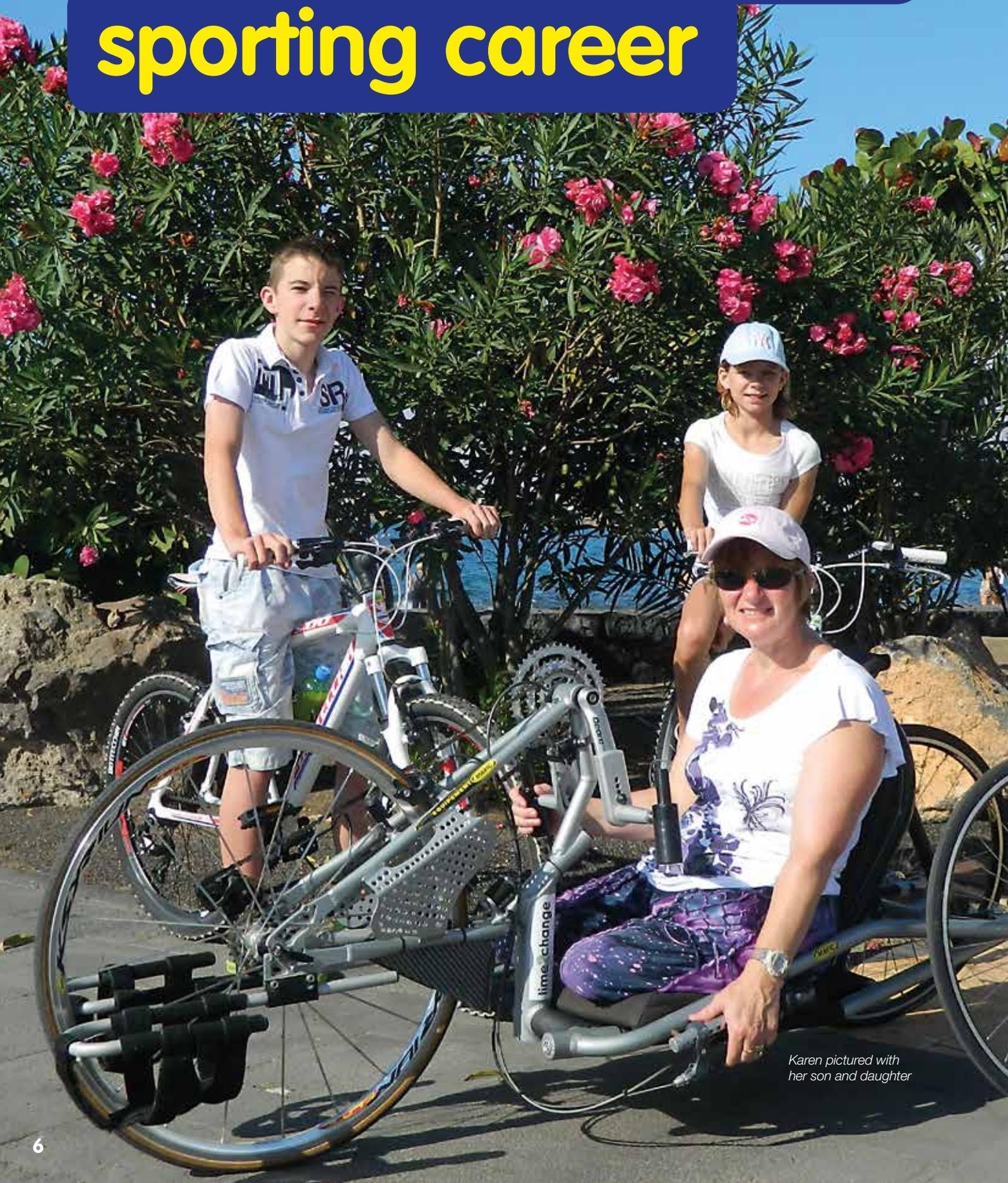
To win a handy Spill Not, simply email [magazine@ableworld.co.uk](mailto:magazine@ableworld.co.uk) with your name, contact number, address.

**Entries close on Friday March 1st 2019 at 5.00pm.**

The Spill Not is also available in Ableworld stores and also on our website at [www.ableworld.co.uk](http://www.ableworld.co.uk)



# Celebrating a great sporting career



*Karen pictured with her son and daughter*

## When you mention the Paralympics these days you think of huge stadiums filled with thousands of spectators, teams from all over the world dressed in smart uniforms and titles that are being competed for by athletes in the most up to date, hi-tech equipment.

It wasn't always that way as Karen Townson, the sister of Ableworld's Administration Manager Fiona Davidson, knows only too well. Karen was one of the athletes who competed in the very early version of the games, some of which were held at Stoke Mandeville Hospital in Aylesbury.

In 1944, Dr. Ludwig Guttmann opened a spinal injuries centre at Stoke Mandeville where rehabilitation sport became recreational sport and then competitive sport. On the day of the Opening Ceremony of the London 1948 Olympic Games, Dr. Guttmann organised the first competition for wheelchair athletes which he named the Stoke Mandeville Games, a milestone in Paralympics history. They involved 16 injured servicemen and women who took part in archery.

In the 1980's Karen competed at Stoke Mandeville many times at the British Amputee Sports Association National games. She went on to be a force in the London Marathon women's wheelchair race during the mid-1980s. She was runner-up in 1986 and then won and set a new course and British record in 1987. Karen went on to retain her title in 1988 while setting another British record and she also won the Great North Run.

Karen also competed in both athletics and swimming at the 1984 Summer Paralympics in New York, taking a gold medal in the shot put, silver in discus, bronze in javelin, and three bronze medals in the 200 metre individual medley and two relays. She also competed in the 1988 Seoul Paralympics in the 100m, 200m, 400m, 800, 1500m & 3000m but missed out on a medal.

Karen says that, despite her disability, she was always very active from a very early age. "My family was very sporty and my father

played hockey. I have a brother and two sisters and mum and dad brought me up to be the same as everyone else and so I naturally did a range of sports at school."

She added: "I was about 18 when I joined the local disabled sports club. There weren't that many sports clubs catering for people with disabilities at that time and I so I was lucky that there was one fairly local to where we lived. I graduated from local competitions to national competitions and so spent quite a lot of time at Stoke Mandeville training and competing."

And Karen become pretty good at what she did. "I managed to win quite a few titles over the years that I was involved" she said, very modestly. "I absolutely loved every weekend that I went to Stoke Mandeville. I felt just the same as everyone else when I was there and I felt that I could really achieve things. I had a whale of a time."

"When I was competing in marathons and half marathons, I was busy competing virtually every weekend which was quite a commitment. I was also training every evening too and it could be quite lonely. I used a local aerodrome for my training. I was determined to do it and so spent a lot of time alone and did a lot of miles."

Even in the early years of the games at Stoke Mandeville & world-wide there were a surprising number of athletes from all over the world as far afield as Iran, Brazil and Australia. "Considering that there was very little coverage of the games back then" Karen told us, "It was amazing just how many people were there. We were competing against athletes from all over the world."

The equipment was very different to today's highly sophisticated models. "When I first started using a chair to compete in, I had a plastic

bucket seat. We were still pretty quick but technology has moved on so much and the equipment is so much better."

Apart from her athletic career, Karen has excelled in other ways too with her 'give it a go' positive outlook. She held a private pilot's license following being awarded a flying scholarship, gained a PADI open water qualification for diving and learnt to water-ski.

"My attitude is from the way that I was brought up and the feeling that you just have to give things a try" she told us, "because you will never get anywhere if you don't. I just had a go at anything that I thought I might be able to do. At one point I was competing in an able-bodied Table Tennis league."

Karen is also taking advantage of the new technological developments, getting fitted for new microprocessor knees. "The technology involved in those is amazing and will make a real difference to me."

Her message to anyone thinking about trying something new is just have a go, because you never know what might happen.



*Karen career saw her compete for many years at the highest level*

# Focus on – Products for health

Here are a few products from the Ableworld range that can help with fitness and rehabilitation.

## Digital Pedal Exerciser

This product is designed for low impact rehabilitation and exercise, the Digital Pedal Exerciser features a motorised pedal exerciser with adjustable levels of resistance to increase or decrease the effort required to use the exerciser. It folds easily for ease of storage and transportation, features four anti-slip rubber pads on the feet to prevent sliding and to protect surfaces and the pedals come complete with toe straps. Ideal for use around the home, or on your travels as it can be easily folded away.

**Product Code:**  
**5021196736165**



## The Hand Grip Exerciser

Designed to build up muscle in rehabilitation and sports therapy. It is ideal to strengthen muscles in the hand and forearm and also improve the mobility of fingers. The Hand Grip is continuously adjustable with a resistance range of 2 to 15kg. It also has an anti-slip grip and is coloured orange.

**Product Code:**  
**7640112124879**



## Twin Spike Roller

The Twin Spike Roller supports the circulation, stimulates metabolism. And improves blood lymphatic circulation. It is also suitable for foot reflexology.



## The Spiky Ball

A great aid for a gentle stimulating massage that is easy and fast to use anywhere on the body. Ideal for trigger point work and to relieve tension of muscles. Simply roll the ball over tightened muscles to release any tension and to promote blood circulation.

**Product Code:** 4250694700182



# Look what's **NEW** in our stores...

## Rascal Rio Powerchair

**6 months free insurance and  
breakdown recovery\***

Features flip-up adjustable armrests, solid tyres all round, joystick charging port, padded seat with folded back, adjustable arm height and width and a flip-up footplate. The Rascal Rio is super lightweight and transportable.



## Bexton Riser Recliner Chair

**Plus 6 months FREE Chair Care Stain  
and Accidental Damage Insurance**

This chair is upholstered in easy to clean 'soft feel' polyurethane. Quiet motor provides a smooth, discreet operation. The Bexton will rise and tilt users to their feet and comes with a simple to operate 2 button handset. It has a convenient side pocket for easy storage and is a great 'value for money' chair.

Item code (Red): 5055785716252 (Blue): 5055785716245

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

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Your Local Specialist

# Why the right socks can make all the difference if you are diabetic

Diabetes, and the importance of good foot care and the right socks to avoid ulcers and amputations.

4.6 million people in the UK have Diabetes. Diabetes UK say diabetes causes 8,500 lower limb amputations each year – that's 160 a week, at a cost of over £1.0bn to the NHS. According to The Society of Chiropractors and



Podiatrists, Diabetics are 23 times more likely to need amputations than the general public.

The high blood sugar levels often sustained by Diabetics causes Neuropathy, or nerve and blood vessel damage and nerve damage reduces the feeling pain – so you don't know if you have damaged your feet.

Diabetes UK recommend using good shoes and socks, ideally specifically designed for Diabetics, to avoid foot damage through abrasion, heat, sharp edges, moisture and bacterial infection.

One of Ableworld's suppliers is Norfolk Socks. Their heritage of sock making goes back over 2 generations, and with this knowledge and experience they believe that they have developed what they think is the ultimate Diabetic socks.

Using the latest technology in production, computerised design techniques and modern yarns, their Diabetic and Oedema friendly socks satisfy all the needs to help avoid ulcers and improve the comfort and care of sufferers.

The socks have an ultra-smooth, non-abrasive toe seam that avoids friction and catching on toe nails. Utilising the latest Stretch+



technology the socks will stretch 50-70% more than ordinary socks and have a gentle, easy fit, soft top that does not bind on the legs or restrict blood flow yet grips enough to stay up and avoid creasing and bunching.

They also use unique ventilation panels over the toes and the sole of the foot, which are key sweat areas and use shrink resistant yarn. They have a sanitized antibacterial finish which keeps feet fresh and healthy all day long.

The socks are available through Ableworld stores or through our website at [www.ableworld.co.uk](http://www.ableworld.co.uk)

# Check out our latest clever additions...



## Curved Bath Brush

Easy to use, it is curved to allow you to wash your back without having to raise your arms over your head. Ideal for people with limited strength and movement in their arms.

## Heated Massage Seat Cushion

This Seat Cushion is perfect for in the car. A soothing heat treatment cushion with an added 5 setting massage facility for more intensive relief. This really is the cushion to have as it will reduce the stress and everyday strain on your body.



## Car Handle (with torch)



Helps you get in and out of the car. Non-slip grip to give extra support and a seat belt cutter, should an emergency occur and the seat belt jams. The Car Handle also comes with a window breaker to assist exiting the car in an emergency and an LED flashlight. A great value product packed with many features.

## Mesh Lumbar Support

Helps promote good posture and allows airflow to keep the back cool and comfortable. A very neat back support that can be used around the home, in the car or the office. Great value for money product.



## Steering Aid

Clamps on to steering wheel and is easy to fit. Steering aid facilitates easy parking and increased manoeuvrability. Compatible with most steering wheels and is easily fixed into place.

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*Photo by Matthew Henry on Unsplash*



# Staying warm this winter

Winter can be a challenging time for us all, whether it is battling to get to work in snow storms or getting down to the local shops and navigating the icy patches on the pavement.

**M**aking sure that you are warm and cosy over the winter months is one of the top priorities if you are spending a lot of time indoors.

Living in a cold house, apartment, or other building can cause hypothermia. Hypothermia is what happens when your body temperature gets very low. For an older person, a body temperature of 95°F or lower can cause many health problems, such as a heart attack, kidney problems, liver damage, or worse.

The early signs of hypothermia are cold feet and hands, a puffy or swollen face, pale skin, slower than normal speech or slurring words and acting sleepy.

Even if you keep your temperature between 60°F and 65°F, your home or apartment may not be warm enough to keep you safe. It's a particular problem for people who live alone as there isn't anyone else there to feel how chilly it might be or to spot the first signs of hypothermia.

It is suggested that the main living area should be heated to 21°C (70°F) and bedrooms to 18°C (64°F). One way to save on heating bills is to close off rooms you are not using. You could even place a rolled towel in front of all the doors to keep out drafts.

It's important to dress warmly on cold days even if you are staying in the house. Several thin layers of clothing will keep you warmer than

one thick layer, as the layers trap warm air. Clothes made from wool or fleecy synthetic fibres such as polyester are a better choice than cotton.

Staying active during the daytime is very important in the winter to boost your circulation. Try to move around at least once an hour and avoid sitting still for long periods as even light exercise will help to keep you warm. When you are sitting down, try to put your feet up as it's coldest nearest the ground.

It's advisable to keep your bedroom window closed at night when the weather is cold as breathing in cold air increases the risk of chest infections.

## And a few other tips...

- Make sure that you are eating well and maintaining weight. Body fat helps you to stay warm.
- Drink alcohol moderately. Alcoholic drinks can make you lose body heat.
- Hats and scarfs are important. You lose a lot of body heat when your head and neck are uncovered.
- Use a hot-water bottle, wheat bag or an electric blanket to warm the bed.
- Close the curtains in the evenings and fit thermal linings if you can.
- Close doors and use a keyhole cover to block draughts.

## HELP IS ON HAND...

There are plenty of places that you can go for help and advice on how to keep your home warm and the steps you can take to make it more efficient. One such place is The Energy Savings Trust, which is a leading and trusted organisation helping people save energy. The organisation is independent and impartial and so all the advice given is aimed to help you.

You can contact them at [www.energysavingtrust.org.uk](http://www.energysavingtrust.org.uk)

## Don't miss out on benefits

Depending on your circumstances you may get the Winter Fuel or Cold Weather Payments automatically. If you don't, visit [gov.uk/winter-fuel-payment](http://gov.uk/winter-fuel-payment) or call 0800 731 0160.

You may be entitled to claim an Affordable Warmth Grant, which could help with heating and insulation improvements. For more information, call the Energy Saving Advice Service on 0300 123 1234 or visit [gov.uk/energy-company-obligation](http://gov.uk/energy-company-obligation).

# Safety focus as Ableworld feature on National News

Ableworld were recently approached by ITV National News to talk about Mobility Scooter Safety. After a sharp increase in Mobility Scooter fatalities pressure is mounting on the Government to impose stricter regulations on mobility scooters.

Ableworld have always demonstrated an ethical approach to selling and at a time when many mobility retailers are selling scooters online with no checks, the company strongly believes that before purchasing a mobility scooter customers should be correctly assessed and advised which model fits their needs best.

Ableworld also run Scooter Proficiency Sessions. Sessions are completely free and are aimed at people who don't feel confident driving a mobility scooter. Included is a chance to drive on a test track accompanied by a member of staff, have their scooters checked

over and a chance to ask staff any questions.

The ITV News segment included a Scooter Proficiency Session, Engineer, Mark Burrows carrying out safety checks on the scooters and an interview with Michelle Mossford, Senior Marketing Manager, who talked about the importance of the training sessions.

Michelle said: "We would champion anything that would keep our customers safe as well as other road users and pedestrians".

Ableworld also produce a free Highway Code for mobility scooters and users. The free guide covers everything you need to know in

order to stay safe whilst using a mobility scooter. It also includes the DVLA registration process, advice on insurance and guidance on how to use your scooter safely.

You can pick up a free copy from your local Ableworld Store.

## JUST HOW BIG IS THE SCOOTER SAFETY ISSUE?

Figures released by the Department of Transport, show that there were 260 reported accidents involving mobility scooters in 2016, a 17% increase on 2015 and up from just 84 reported in 2012. The number of fatalities also saw a sharp increase in 2016, rising by 75% from the previous year, with 14 people being killed.

It was estimated in 2017 that there were between 300,000 to 350,000 people using mobility scooters and it is expected that the figure will rise around 10% each year.



# Do you struggle to get up and down the stairs?

Approved Service

**Which?**  
Trusted traders

Servicing, repair and installation

It is estimated that during our lifetimes we will use our stairs approximately 250,000 times. However for some people this may prove increasingly difficult. A stairlift can offer an alternative solution to moving or modifying a house. Stairlifts can also offer many benefits, mainly giving you the freedom and independence to move up and down in your house without the fear of falling and injuring yourself.

## Frequently Asked Questions

### How do I know what type of Stairlift I need?

Staircases are put into 2 categories straight or curved. We will be pleased to come to your home to do a free survey and advise what is needed.

### What kind of warranty is available on stairlifts?

All of our new stairlifts have at least 12 months warranty, some a lifetime warranty. We also offer service packages for extra peace of mind.

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

### If I have narrow stairs will a stairlift still fit?

We have a wide variety of stairlifts which can accommodate the majority of staircases.

### Are stairlifts noisy or expensive to run?

Battery run stairlifts use around 24 volts to power the motor; this makes them quiet and energy efficient. The annual running cost is between £2 and £3 per year for average use of 12 journeys a day.

### How long does it take to fit a Stairlift?

The majority of stairlifts can be fitted in just a couple of hours with the minimum of disruption. As our stairlifts are fitted directly to the stair treads and not the wall the process becomes very quick and simple. A curved stairlift takes a little bit longer than a straight stairlift but can still be fitted within a day.



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Your Local Specialist

# Understanding Living Wills and Health and Welfare Lasting Power of Attorney

When planning for later life, most people focus on their financial considerations. Making a Will, a Lasting Power of Attorney for Property and Finances, and paying for care, tend to be what most people address first.

However, few people consider how a decision about their health and welfare matters are made at a time when they are unable to make that decision for themselves. Amanda Attrell, Head of Later Life at Rix & Kay Solicitors provides a summary of what you should consider and why it's important.

## What might a health and welfare decision cover?

- Where you live
- What medical treatment you receive (including the acceptance or refusal of life sustaining treatment)

- Who you socialise with and what activities you take part in
  - What you eat and wear
- We make our own health and welfare decisions on a daily basis without a second thought. But what happens if you are unable to make those decisions for yourself?

## Why might I be unable to make a decision myself?

There are a range of reasons why you might not be able to make or communicate your own decision including:

- If you are unconscious following an accident or illness

- If you are unable to communicate your decision for any reason, for example following a serious stroke
- If it is considered that you do not have the mental capacity to make a decision, for example if you have the late stages of dementia

## Who makes the decision if I can't make it for myself?

This depends on whether you have put any arrangements in place to specify your wishes. There are two key documents that you can create

- An Advance Decision

(sometimes known as an Advance Directive or a Living Will)

- A Lasting Power of Attorney for Health and Welfare Decisions.

## Advance Decisions (Living Wills)

An Advance Decision is a document that is legally binding in England and Wales, provided the document meets certain requirements. It is a written statement that sets out what medical treatment you do and do not want to have in the future and will only be referred to if you cannot make or communicate a decision for yourself. This might include decisions such as whether you would wish to be resuscitated if your heart stops or would want to be put on a ventilator if you were unable to breathe on your own.

A healthcare professional, such as a doctor in an A&E department of a hospital, will take practical steps to find out whether someone who has been admitted to hospital has made an Advance Decision. It is therefore important that:

- you ask your GP to place a copy of your Advance Decision with your medical records and
- family and friends are aware that you have made one.

You may even wish to carry a copy with you at all times or a note confirming that you have made an Advance Decision.

It is advisable to review and update the Advance Decision regularly (e.g. every two years or if you receive a new medical

diagnosis) as a healthcare professional can be more confident that the wishes in a recent document are still valid. An Advance Decision made a long time ago is not invalid but it could raise doubts as to whether the wishes contained in it are still valid. If considered invalid, a healthcare professional may choose not to follow it.

## Health and Welfare Lasting Power of Attorney (LPA)

A Health and Welfare LPA gives you the opportunity to appoint other people to make a health or welfare decision on your behalf but only if you are unable to make a decision for yourself. As well as agreeing to or refusing medical treatment (including life sustaining treatment if you wish) this might include other welfare decisions, such as where you live and who you socialise with.

Where you appoint an attorney to make decisions for you, that attorney should always make decisions in your best interests. A best interest decision will include considering information that you have previously communicated about what you would want in certain situations.

A Health and Welfare LPA must be registered with the Office of the Public Guardian to be valid and this process will take at least 8-10 weeks so it is preferable to have it prepared and registered before it is likely to be needed so that it can be used in an emergency situation.

## Can I have both a Living Will and a Health and Welfare Lasting Power of Attorney?

It is possible to have both documents but the date order that you make the documents in could cause portions of the older document to become invalid.

## What happens if I don't have either a Living Will and a Health and Welfare Lasting Power of Attorney?

The majority of us will not have put either an Advance Decision or a Health and Welfare LPA in place yet. In this scenario, best interest decisions would need to be made for us.

So if a person were involved in a car accident which left them unconscious, who would make the decisions about the medical treatment that they receive? Clearly in an emergency medical situation such as this urgent decisions will have to be made and immediate action taken in that person's best interests. If an Advance Decision was found and considered valid then the wishes set out in that document would be followed.

Once the emergency situation had passed, let's say that person was stable but still unconscious and a decision had to be made as to whether a particular type of surgery were undertaken, who would make that decision? This would usually fall to the healthcare professionals treating you and in making a best interests decision for you they would usually consult with family and friends. In specific cases where there is no-one to consult an Independent Mental Capacity Advocate (IMCA) would be appointed to represent the incapable person.

Problems can of course arise if there is a disagreement about what treatment should be given and this could result in an application having to be made to the Court of Protection for a decision to be made, which can be costly and time consuming.

### 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](mailto:amandaattrell@rixandkay.co.uk)

[www.rixandkay.co.uk/later-life](http://www.rixandkay.co.uk/later-life)





# Spice your life up for a healthy future

It is thought that the spice trade had developed throughout South Asia and Middle East by 2000 BC, with cinnamon and black pepper being amongst the first to be traded. By 1000 BC, there is evidence that herbs could be found being used for medical use in China, Korea, and India.

**T**hese days the range of herbs and spices readily available is extensive and it is believed that even using small amounts in your recipes can offer health benefits.

Here are a few to think about adding to a meal...

## **Cardamom**

Especially high in minerals like magnesium and zinc, Cardamom is said to soothe an upset stomach, and studies have shown that it may also help fight inflammation and lower blood pressure.

## **Cinnamon**

Very low in calories and sugar-free, it may also help with inflammation, fight off bacteria and has been used to alleviate nausea. It provides manganese, iron and calcium and its antimicrobial properties can help

extend the life of foods.

Cinnamon can also help to lower blood sugar by slowing the breakdown of carbs in the digestive tract and improving insulin sensitivity. Studies have shown that cinnamon can lower fasting blood sugars by 10-29% in diabetic patients.

## **Cumin**

The second most used herb in the world after black pepper, it is a key ingredient in many Indian dishes, cumin is naturally rich in iron. It may also aid weight loss too – a study showed that people who consumed around a teaspoon a day as part of a low-calorie diet lost more weight than those who didn't include Cumin in the programme. Oh and apparently it has antimicrobial properties and has been used to reduce flatulence.

## **Garlic**

Contains a powerful compound called Allicin which studies have shown it may lower your chances of getting heart disease. Research also shows that eating garlic regularly may help with high cholesterol and high blood pressure. To get the benefits, you have to chop or crush the clove as Allicin is formed only after the cells in the garlic have been cut or crushed. Cooking garlic destroys the garlic's ability to make allicin and so raw garlic is more beneficial.

## **Ginger**

Ginger has been shown to soothe the lining of the digestive system and so can help with indigestion. It can also help to ease nausea too. It can also stimulate saliva and bile production, and suppress gastric



## SPICY FACTS AND FIGURES...

India is the top spice producing country for Ginger, Turmeric, Chili pepper and Cumin.

Trinidad Moruga Scorpion chili, the world's hottest chili pepper can burn its way through protective latex gloves.

Guatemala is the largest producer of Cardamom.

Ancient Greeks and Romans thought basil would only grow if you screamed wild curses and shouted while sowing the seeds.

Nutmeg is a psychotropic and in high enough doses causes hallucinations, delusions and an impending sense of doom.

Indonesia is the largest producer of Vanilla, Nutmeg, Cinnamon and Cloves.

To produce one pound (450 g) of dry saffron requires the harvest of up to 75,000 flowers.

Iran is the largest producer of Saffron.

During the bubonic plague, doctors wore beaklike masks filled with aromatic items such as mint leaves, rose petals and cloves because it was believed that the putrid air spread the disease.

Vietnam is the largest producer of Pepper.

The reason spicy food gets spicier after freezing and reheating is because capsaicin is stored in fats, which don't evaporate during reheating like the water in a food, so there is a higher percentage of the spice than in the food before, causing it to be spicier.

contractions as food and fluids move through the gastrointestinal tract. And, a study involving 74 volunteers for the University of Georgia found that daily ginger supplementation reduced exercise-induced muscle pain by 25 percent.

### Rosemary

Rosemary is rich in antioxidants that prevent cell damage and it seems that even just sniffing it may be good for you. A study found that people who got a whiff of rosemary performed better on memory tests and other mental tasks, compared with those who didn't.

Researchers think one of its compounds may boost brain activity. It also has a high concentration of the antioxidant carnosol which research shows may aid healthy digestion and Rosemary boiled in water can be used as an antiseptic.

The active ingredient in rosemary is called rosmarinic acid which has been shown to suppress allergic responses and nasal congestion.

### Turmeric

This yellow spice is a good source

of curcumin, an antioxidant that eases inflammation. It is a remarkably powerful antioxidant, helping to fight oxidative damage and boosting the body's own antioxidant enzymes, important as oxidative damage is believed to be one of the key mechanisms behind ageing and many diseases.

Strongly anti-inflammatory, research suggests that curcumin may help ease pain and lower the chances of heart attacks, too. And other research shows that eating even small amounts of turmeric regularly may help prevent or slow down Alzheimer's disease, possibly by helping prevent the brain plaques that lead to dementia.



Photo by Calum Lewis on Unsplash



# Research Round-up

*Photo by Louis Reed on Unsplash*

# Breakthrough in stroke treatment

Around 150,000 people in the UK suffer a stroke each year, half of who are left with some sort of disability.

A Welsh biotech company has developed a new stem cell therapy that is proving to be potentially transformative. 34 patients have been treated so far and more than half of them have noted improvements in their condition, despite being treated months after having the stroke.

The treatment is called CTX and it involves neural stem cells grown from foetal brain tissue samples. Around 20 million stem cells are injected into healthy brain tissue close to the damaged areas releasing chemicals that stimulate the growth of new nerve cells and blood vessels.



## SIGHT SAVER USING STEM CELL PATCH

Age-related macular degeneration (AMD) is the most common cause of blindness and, until now, there hasn't been a cure for the illness.

But recently two patients have had their sight restored thanks to a partnership between Moorfields Eye Hospital and University College London.

A stem cell patch was created by taking stem cells from an embryo that had been donated for research. These were then converted to retinal cells in the laboratory. They were then placed on a tiny membrane and injected beneath the patients retinas.

The two patients were an 86 year old man and a woman in her 60's. Both of them went from not being able to read at all to being able to read at 60 to 80 words a minute with reading glasses.

## SMART SOCK TO START TRAILS

The North Middlesex University Hospital is to run a study to evaluate the effectiveness of the PUP (The Patient Is UP) smart sock, a revolutionary patient sock that incorporates patented technology to help prevent patient falls.

The sock uses eTextile and IoT technologies to issue alarms to immediately notify nearby nurses that a patient who has been identified as high-risk for falls is out of bed, standing and/or attempting to walk unassisted.

## SMOKING & PARKINSON'S LINK

A new European study has supported an existing link between smoking and a reduced risk of developing Parkinson's.

Carried out across 8 countries, including the UK, in one of the largest studies of its type, it recorded the smoking status of 220,494 individuals aged 37-70 and whether they went on to develop Parkinson's.

The researchers found that former smokers were 20% less likely to develop Parkinson's, and this increased to 50% in current smokers. Passive smoking was also shown to reduce risk.

Despite the link with reduced risk, the researchers were clear that they wouldn't advise smoking due to the known adverse effects on general health.

Further research is still needed to better understand how smoking can reduce risk, with the hope that this may lead to future better treatments.

# A special tribute after over 50 years together

Viv Nicholas and his wife Tricia became Ableworld customers after she was diagnosed with an aggressive brain tumour in August 2017

Viv told us: "Surgeons at the John Radcliffe Hospital in Oxford were able to remove most of the cancer and Tricia enjoyed a relatively good quality of life for almost all of the following months."

It was one evening when Tricia was going up the stairs and said that they were tough to climb when Viv got in touch with the Ableworld store in Reading. "That was the Thursday and the stairlift was

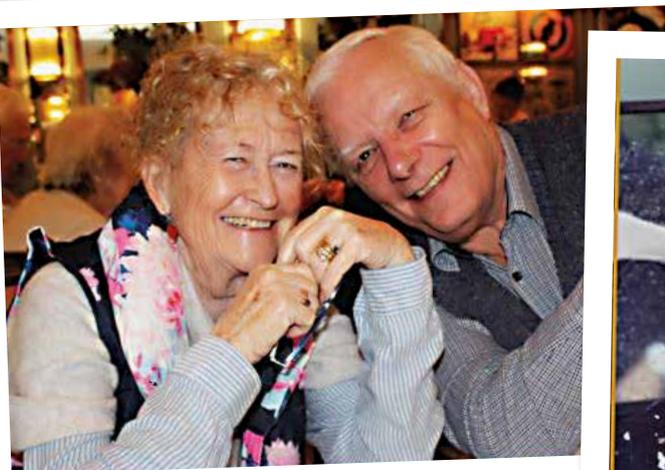
installed on the Friday - amazing service and generally indicative of the care and affection that both Tricia and I have received over the past year or so from so many nurses and carers. And Ableworld were equally efficient in removing the lifts when they were no longer required."

Mike says that he wanted to write a tribute to Tricia as part of the celebration of their Golden Wedding. "My tribute was ready to

read out in June on one of those lovely summer days at our party held at our local rugby club."

Sadly, Tricia passed away in October 2018, when Viv added the final eight lines to the poem and asked all the congregation to read them out at the service held for the celebration of her life.

Mike added: "As you will appreciate - she had a very special smile which touched the hearts of all those who knew her."



## FIFTY YEARS MARRIED BY VIV NICHOLAS

We were married when young  
Tricia was a few weeks past her 22nd  
And I was one week shy of my 21st

When asked to explain marriage then  
My trinity would have been companionship, food and sex!  
No one facet was more important than another  
It was just that there was a time and a place for each!  
But I still fondly recall Tricia's first signature meal –  
Beef stroganoff, oranges in caramel served with brandy snaps and cream.

If asked to explain marriage now  
My trinity would be seeker, shield and soulmate.

Just as Harry Potter was a seeker who sought to capture the GoldenSnitch,  
Tricia is my seeker for fun; with her, I'm always adventure-rich  
My comfort zone is somewhat dull and limited  
My love for Tricia, unbounded, unlimited  
As she plans days out, nights out and journeys all over the world.

Tricia is my shield, both physical and metaphysical  
We're a jigsaw fit, perfectly intrinsic  
I feel this most when we lay down and cuddle and snuggle in bed  
Whilst my outlook is half-full, always got my eyes on success,  
Tricia protects me, her wisdom saves me from excess

We've become soulmates, my keys fit and turn her locks  
And her keys fit and turn mine; With her, I'm an open box  
We've travelled deeply into the depths, flown high into the sky  
And now settled on our turf, but we're not ready to say bye  
We've got adventures yet ahead, no one day is complete without a chuckle  
It's uncanny how often we solve a clue at the same time completing our daily crossword.

We share both pride and delight and remember to give thanks  
For the progress being made by all our family and friends  
We've strived, we've thrived, walked fifty years with grace from above  
Hand-in-hand, heart-in-heart, living and giving love

Her smile in the night light  
Her smile in the day light  
Tricia's smile has been a beacon for us all  
May it always shine in the hearts and minds of us all.

So as Tricia takes on a new life  
Let us also resolve to do the same  
With renewed love, respect and flair  
For all those whose lives we touch.

*Viv Nicholas 2018*

## SNOWY SNIPPETS...

According to the Guinness World Records, on January 28, 1887, a snowflake 15 inches wide and 8 inches thick fell in Fort Keogh, Montana, making it the largest snowflake ever observed.

Every winter, at least one septillion (that's 1 followed by 24 zeros) snow crystals fall from the sky.

A New Zealand insect called the Weta freezes completely solid when temperatures drop during the winter. When temperatures warm back up, the insect unfreezes itself.

The average snowflake falls at about 3 mph.

Ten inches of snow will melt down to only 1 inch of water.

The largest recorded snowman ever built was in Bethel, Maine, in February 1999. The 113-foot, 7-inch snowman broke the previous record held by Yamagata, Japan, at 96 feet and 7 inches.

A single snowstorm can drop 39 million tons of snow.

Around 12% of Earth's land surface is covered in snow and ice.

The coldest temperature ever recorded was -123° C at Vostok Station in Antarctica in 1983.



*Photo by Aaron Burden on Unsplash*



# Largest stairlift showroom launches

Ableworld have officially launched their new stairlift showroom in Southampton, which makes it one of the largest in the UK.

Directors Steven and Jeff Newman were pleased to have Mayor, Councillor Barnes-Andrews cut the ribbon watched on by healthcare professionals, suppliers and customers.

14 stairlift demonstrations are now on show allowing people to 'try before they buy'.

Choosing the right stairlift is crucial and Ableworld stock both new and reconditioned stairlifts and also have a wide range of stairlifts that can be rented. A free survey can be carried out, with no pressure or obligation to buy.

The new Stairlift Showroom is situated within the current Ableworld Mobility Superstore at 42-46 Portsmouth Road, Woolston, Southampton, SO19 9AD.

You can contact the store on 02380 440000.



# Don't take our word for it

Here's what our lovely customers are saying about us...

“ I am completely satisfied with the quality of the Stairlift. The fitters were easy to get along with and carried out the work, quickly and efficiently. We were really happy with the speed at which the lift was measured, ordered and installed in the minimum of time. Excellent. ”

**5\* WHICH? TRUSTED TRADER REVIEW**

“ We had occasion to attend the Rhyl branch of Ableworld today where we were treated with much courtesy and received exemplary service. ”

**MRS DAVIS**

“ Very friendly and helpful staff, the store has a good level of stock with lots to browse and purchase. ”

**A. BISHOP 5\* GOOGLE REVIEW**

“ User friendly shop. Easy to navigate and find goods. Helpful staff will discuss your needs and advise without pressure to buy. ”

**H. DOUGLAS - FACEBOOK REVIEW**

“ Great Service. We required a new Stairlift for an Almshouse Property. Very competitive prices. Very helpful staff and swift arrangements for fitting. ”

**HELEN 5\* WHICH? TRUSTED TRADER REVIEW**

“ Rapidly deteriorating health made a Stairlift a necessity. On a friends advice I phoned Ableworld. Their engineer arrived as promised promptly the next morning and returned later to complete the survey. I accepted his advice on the model and positioning of the Stairlift and it was promised within 2 weeks, but was actually delivered and installed only 8 days later. This product has transformed my situation and the service was outstanding. ”

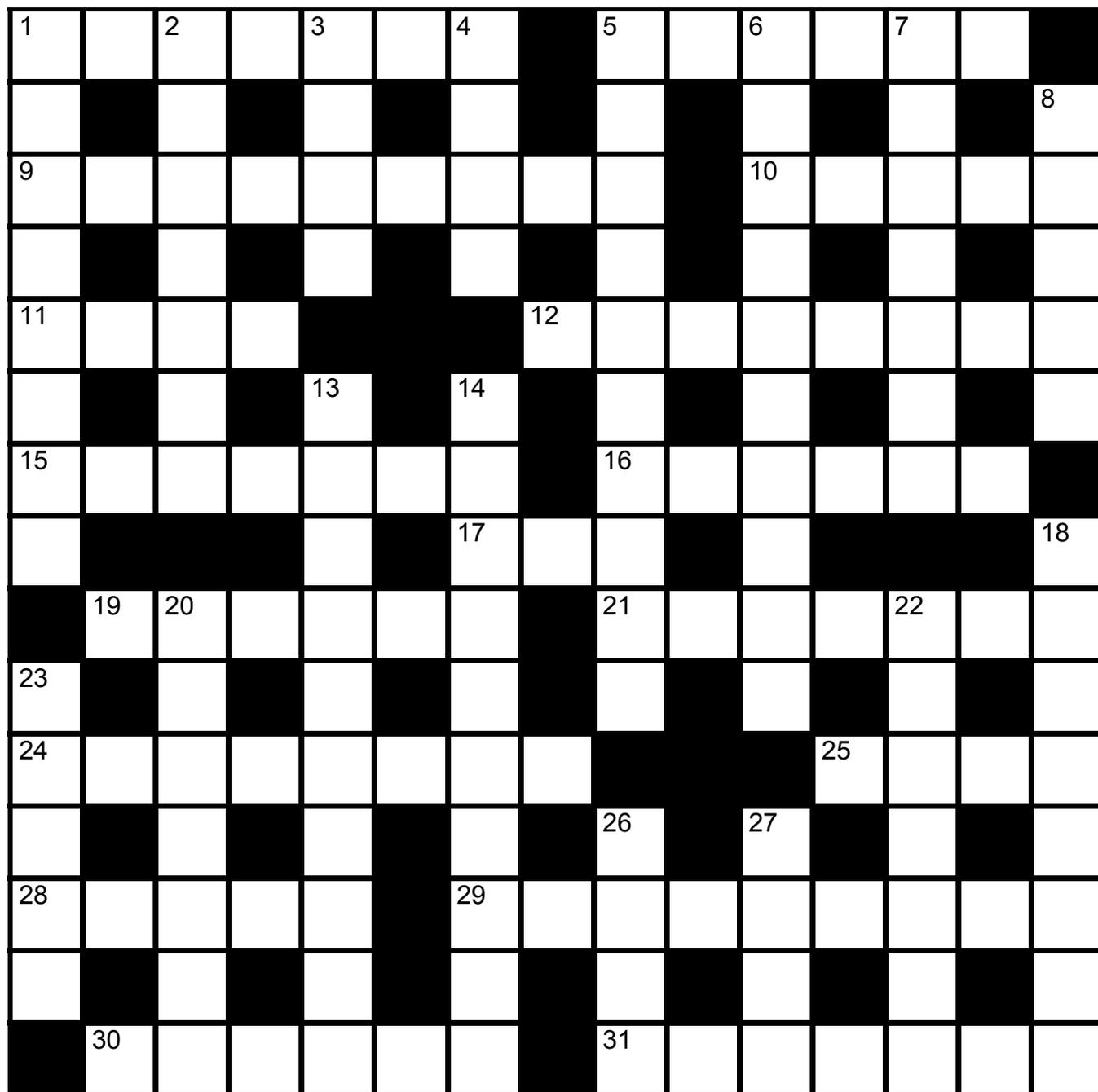
**PAMELA - 5\* WHICH? TRUSTED TRADER REVIEW**

“ I have been an Ableworld customer for several years and have always found their service to be first class in every sense. ”

**C. DUNN**



# COFFEE TIME CROSSWORD



## ACROSS

- 1 Clap (7)
- 5 Priest (6)
- 9 Benefit (9)
- 10 Unwarranted (5)
- 11 Floor coverings (4)
- 12 Rounded mass of steamed dough (8)
- 15 Seedless raisin (7)
- 16 East Mediterranean democracy (6)
- 17 Involuntary muscular contraction (3)
- 19 Dusky (6)
- 21 Least difficult (7)

- 24 Knockout punch (8)
- 25 Sicilian volcano (4)
- 28 Compel (5)
- 29 Dutch master (9)
- 30 Work over (4,2)
- 31 Soon (7)

## DOWN

- 1 Scaremonger (8)
- 2 Crucial (7)
- 3 "Black Beauty" author ---- Sewell (4)
- 4 Faculty head (4)

- 5 Biased (10)
- 6 Statue-maker (10)
- 7 Bygone (3-4)
- 8 Prevail (5)
- 13 Legislative assembly (10)
- 14 Ricketty vehicle (10)
- 18 Furtive (8)
- 20 Edge of the road (7)
- 22 Permanently inactive (7)
- 23 Fly-by-night (5)
- 26 Yuletide (4)
- 27 Group of three (4)

# SUDOKU

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

## WHAT WAS THE YEAR?

- The Abortion Bill is passed.
- Barclays opens Britain's first cashpoint.
- The Beatles release 'All You Need is Love'.
- The Breathalyser is introduced.
- Celtic win the European Cup.
- The QE2 is launched
- Radio 1 goes on air
- Donald Campbell is killed trying to break water speed record.
- The first episode of The Prisoner appears.
- The world's first live satellite broadcast takes place

Answer: .....

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

Sudoku

Quick Quiz  
 Across: 1 Applaud, 5 Pastor, 9 Advantage, 10 Undue, 11 Mats, 12 Dumping, 15 Sultana, 16 Israel, 17 Ttc, 19 Twillit, 21 Eastest, 24 Haymaker, 25 Etna, 28 Drive, 29 Rembrandt, 30 Beat up, 31 Shortly.  
 Down: 1 Alarmist, 2 Pivotal, 3 Anna, 4 Dean, 5 Prejudiced, 6 Sculptress, 7 Old-time, 8 Feign, 13 Parliament, 14 Rattlerap, 18 Stealthy, 20 Wayside, 22 Extinct, 23 Shady, 26 Xmas, 27 Tho.  
 What was the year? 1967  
 A Contact lenses.  
 B Hammerfest, Norway.  
 C Rudolf Hesse.  
 D Leeward.  
 E Dendrophobia.  
 F Beam.  
 G John Milton.  
 H Tin and lead.  
 I Cool Hand Luke.  
 J Three.

## QUICK QUIZ

**A** What did A.E. Frick invent in 1887, which are now worn by thousands if not millions of people?

Answer: .....

**B** What is the name of Europe's most northern town?

Answer: .....

**C** The last prisoner to be held in the Tower of London was who?

Answer: .....

**D** In nautical terms, what is the opposite of windward?

Answer: .....

**E** What is an irrational fear of trees called?

Answer: .....

**F** In women's gymnastics, what is 6ft. 6" long?

Answer: .....

**G** Who wrote the poem Paradise Lost?

Answer: .....

**H** Which two metals is pewter made from?

Answer: .....

**I** Paul Newman ate fifty eggs in which film?

Answer: .....

**J** How many bones are there on a Skull & Crossbones flag?

Answer: .....

### Answers

# Find your closest Ableworld Store

Approved  
Service

**Which?**  
Trusted traders

Servicing,  
repair and  
installation

BIRKENHEAD ..... 0151 6502200	HANLEY .....01782 205901	SALFORD ..... 0161 7281880
BOURNEMOUTH..... 01202 575819	LINCOLN..... 0330 041 2964	SHREWSBURY ..... 01743 369427
BRIDGEND ..... 01656 856696	LLANDUDNO .....01492 868561	SOUTHAMPTON ..... 02380 440000
BROXBURN ..... 01506 856565	LLANDUDNO CENTRAL ..01492 338549	SOUTHPORT .....01704 537631
BURTON ..... 01283 546867	NANTWICH..... 01270 626971	ST HELENS ..... 01744 453038
CARDIFF..... 02921 321072	NEWARK.....0330 041 2965	STOCKPORT.....0161 4840832
CHESTER.....01244 675608	NEWPORT.....01952 820772	STOCKTON .....01642 602962
COLCHESTER ..... 01206 561335	NORTHWICH .....01606 331786	WAVERTREE..... 0151 7331118
CONGLETON .....01260 408161	OSWESTRY.....01691 680180	WIGAN ..... 01942 233200
CREWE.....01270 255725	PAISLEY .....0141 8899925	WREXHAM ..... 01978 358588
DARLINGTON ..... 01325 481414	READING ..... 01189 862121	
GLOUCESTER .....01452 690250	RHYL .....01745 336843	



Further details on all our stores can be found on [www.ableworld.co.uk](http://www.ableworld.co.uk)

All our stores are open Monday to Saturday 9.00am to 5.30pm. Our Bournemouth, Cardiff, 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.

