

KEEP IT golden years

**FANTASTIC 8-PAGE
PULL OUT SPECIAL**



INSIDE



Caring for older people...

Caring for an older person can have practical, financial and emotional challenges.



It's never too late to start exercising..

If you have never exercised before it is never too late to start.



Rotherham's fabulous memory cafes...

Rotherham's memory cafes help stimulate, encourage and support people with games, structured music and singing.

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CARING for an older person can have practical, financial and emotional challenges, especially if you're an older carer yourself.

Of the six million carers in the UK, around half are over 50 and a quarter are over 60.

Caring for an older adult can be completely different from caring for a younger adult. Older people are more likely to have long-term conditions, complex care needs and to require medication. Older people are more likely to have hearing or vision problems, and to develop mental health problems.

A survey of carers aged over 60 by the Princess Carer Trust for Carers found that 65 per cent of carers had long-term health problems or a disability. Around 70 per cent said that being a carer had an adverse effect on their mental health. The report also found that most of these older carers had serious concerns about what would happen to the person they cared for in the future.

Having a plan in place for an emergency can give great peace of

mind and comfort to older carers. Read more about caring emergencies, including advice about creating your own emergency plan.

Local carers' centres can offer support and guidance for older carers. You can find your local carers' centre on the online directory of services at www.nhs.uk.

Carers' centres may be able to help you organise home visits and access befriending services, advocacy, information on carers' assessments and individual budgets. They often have partnerships with organisations that support older people and carers, and provide links to older people's services in the local authority and health services.



You can also get free, confidential information and advice on caring by calling the Carers Direct helpline on **0808 802 0202**. Lines are open from 9am to 8pm Monday to Friday, and from 11am to 4pm on weekends.

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KEEP YOUR MIND ACTIVE

Most people say that they don't have time for a hobby — but to enjoy life to the full, it's important to take part in activities that you enjoy in your spare time, helping you to find the balance between work and relaxation.

Hobbies can divert our attention from problems and issues that are causes of stress.

Some physical hobbies like sport and dance also help us to lose weight, reduce levels of cholesterol, improve blood circulation and strengthen muscles.

They also help our mental health

too — Hobbies like chess need strategies to win and this keeps our brains working. Research has shown that people who have hobbies have lesser chances of losing memory in old age.

If you want to socialise more, hobbies provide the opportunity to meet new people and to make new friends. And it's an easy way to learn a new skill. These skills can benefit you in your job and other spheres of life. For example hobbies like painting and drawing improve your creativity, and improved creativity will make you more innovative.

ASK BEV

BEVERLEY Davies has been running her own natural health and fitness practice since 1993. This incorporates hypnotherapy, psychotherapy, personal fitness training and life coaching. Bev can deal with slimming and weight control; including virtual gastricband hypnotherapy, hypnicose, and can create tailored programmes to help with all aspects of health and fitness.

Bev will be offering advice on a whole range of subjects in the future Keep It supplements. Anything in life that you need help or advice with, contact us and Bev will be happy to help, or she will consult an appropriate expert to help.

Dear Bev,

Hi, I am 43 and female. I live in Rotherham. I have cellulite on my legs. I've had it for more than ten years and I'm struggling to get rid of it. I am 5ft3 and weigh 9st 1lb. My normal weight is 8st 2lb. I exercise weekly using various weights and I want to tone my legs but I'm getting nowhere. I would be grateful for some advice. I have tried creams in the past.

I look forward to hearing from you.
Kind regards, Lesley

Hi Lesley,

Thank you for contacting me. I do sympathise with your problem as cellulite can be unsightly and you are obviously trying your best to get rid of it.

Cellulite is the fat that lies beneath the surface of the skin, it often appears bumpy because it pushes against connective tissue causing a dimpled effect.

Cellulite is more common in women than men and can run in families.

Other factors that influence it are poor diet, lack of physical activity, hormonal changes, age, dehydration and total body fat, though thin people do suffer with cellulite as well.

Having looked at the treatments available, it seems

that there is very little evidence to show that creams have any real effect on this.

Surgical procedures such as liposuction do not help as they remove deeper levels of fat which in some cases can worsen the appearance of cellulite as it can cause deeper surface depressions on the skin.

Massage and spa treatments can have short term benefits due to the removal of excess fluids but this kind of treatment is only likely to result in a temporary reduction of dimpling.

Laser treatment has been getting some publicity over the last year or so.

A treatment offered by the London Medical Aesthetic clinic claims to have the world's first aesthetic laser which has a minimally invasive approach to the treatment of cellulite. The clinic claims that the device they use, stretches the natural thickness of the skin which results in a smoother, firmer, more youthful appearance.

They also claim that this has been scientifically proven — this is something you could perhaps get more information on, by looking at their site.

Reviews of current therapies are mixed and the search for a new and more effective treatment is ongoing.

There is another procedure being worked on using red and infra red light emitting diodes (LEDs).

Certain wavelengths are used to disrupt fatty tissue causing it to shrink.

This is combined with rollers and suction which soften the fibrous bands of connective tissue that cause the dimpled appearance to reduce.

I am not sure when this will be available and though procedures such as this do hold some promise for the future it is worth just doing what you can meanwhile to alleviate the problem.

My advice is: step up the aerobic exercise that you do as this has been shown to be the most effective in tacking cellulite. Also keep up the strength training and make sure your diet is rich in fruits, vegetables and fibre.

I hope you have found this useful.

Bev

HOMESHARING can solve care needs of elderly and housing needs of the young



AN ingenious intergenerational initiative is helping to solve the housing needs of thousands of young people — and the care needs of the elderly.

Homesharing was recently highlighted in research undertaken by NDTI on behalf of the Joseph Rowntree Foundation as a proven way to help both age groups — particularly older people with high support needs.

But what does it involve? What are the drawbacks? And how do you set about finding someone with whom to share a home?

www.myageingparent.com has just published a guide to homesharing on its website, and their co-founder Deborah Stone says that it is already proving one of the site's most popular reads.

"It's such a simple concept, but with the right structure in place to carefully 'matchmake' the old and young it can make a huge difference to

people's lives," said Deborah.

"It starts with an elderly person, or someone with mobility issues, having a spare room in their home — and they are paired with a young person on an internship, low wage or perhaps studying.

"There can be a wide range of different scenarios, but typically, in return for providing several hours' domiciliary care each day, the young person has a roof over their head for little or no cost."

Key to the success of pairing people together is having a reputable organisation carrying out thorough vetting and then monitoring the arrangement.

"What happens after that is that real friendships can develop," says Deborah.

"The young person may be living in a new city or country.

"They may well miss a 'grandparent figure' in their lives."

The NDTI research highlighted the 'reciprocity' of

projects like homesharing and it's critical to remember that both parties benefit.

"Most older adults will be adamant about getting the right match — they might welcome a helping hand, but don't want help to be forced upon them... or that they are asking for charity. This is a perfect compromise, and can help them to carry on living in their own homes rather than going into care or paying for support."

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Information on homesharing can be found on:
http://www.myageingparent.com/homesharing-a-unique-care-solution/ and http://www.myageingparent.com/homesharing-the-young-helping-the-elderly/

keep it golden years >>>>>

IT'S NEVER TOO LATE TO START

EXERCISING...

ACTIVE Always is a programme of physical activity delivered across the borough that will help you to improve your health and well-being.

If you have never exercised before, it's not too late to start. All instructors are specially qualified to teach health related exercise to people of all levels of fitness and



ability to ensure everyone can join in at their own pace.

You can choose classes which best suit your needs including strength and balance programmes, seated

exercise, sports activities, walking and cycling opportunities. The programme is co-ordinated in partnership with several NHS Rotherham services, health professionals, DC Leisure and community partners from across Rotherham.

FIND THE RIGHT CLASS FOR YOU

Rotherham Leisure Centres offer a wide range of classes for the over 50s to enjoy.

The Active Always sessions provide an excellent opportunity to meet new friends and enjoy a range of activities.

■ **KEEP MOVING** — These are gentle and safe classes which provide people with the opportunity to improve strength, balance and mobility

■ **50 PLUS CLASSES** — These are slightly more active than the Keep Moving classes, although still only gentle. The movements are mostly carried out from a standing position, but seated alternatives are available on request.

■ **INDOOR BOWLING** — A gentle yet competitive sport for all ages and abilities to enjoy and have fun. If you have never played before, experienced players will show you what to do over a cuppa.

■ **GYM MEMBERSHIP** — The gym provides a friendly, supportive exercise environment that isn't intimidating. Many of the existing customers had never worked out in a gym before, had not taken part in physical activity for many years or had been advised by their GP to begin regular exercise due to medical problems. You can pay-as-you-go or save money with a three month membership. For a complementary five day gym membership, call your local leisure centre and quote 'Active Always'.

■ **SWIMMING** — Regular swimming will help to improve stamina, muscle tone and overall health. The water helps to support body weight, lessening the impact of joints, making it a great way to get fit.

To view the full range of classes available and to download the class timetable, visit www.dcleisurecentres.co.uk.



WALKING FOR HEALTH

Walking is a great way to improve your health and just about anyone can do it.

Walking 30 minutes a day, five days a week can bring substantial health benefits. An ideal way to achieve this is to take a walk in your local park or green space.

Rotherham has more than 250 miles of public rights of way which pass through picturesque countryside and villages. There are numerous possibilities for walkers, horseriders and cyclists to explore Rotherham's countryside.

The council manages several parks around the borough. Some parks date back to Victorian times or to the early 20th century. These green lungs play an important role for the people of Rotherham and its wider community by making the town a much cleaner, greener and more attractive place to live, work and visit.

For more information on walking, visit www.rotherham.gov.uk and search 'Walking'. In person visit the Rotherham Visitors Centre, 40 Bridgegate, Rotherham S60 1PQ. Or visit your local library — check the Rotherham Borough Council website or ring 01709 823611 for information on your nearest library. Libraries can give you lots of information about



walks and walking. It is very easy to join your library and once you are a member you can borrow pedometers free of charge.

THRYBERGH COUNTRY PARK

Sunday, June 30
10am-4pm

OPEN DAY

Do you know what your local community and town can offer you?

Drop into Thrybergh Country Park Open Day to join in and find out about local activities and groups, beautiful countryside and parks, children's activities, wildlife organisations, sporting activities for all ages and much more.

Take a leisurely circular walk in the Country Park and meet the



new 'Walking man' to guide you around the beautiful reservoir. Visit the Lakeside Café and relax in the conservatory while you enjoy home-made food and refreshing drinks.

For more details contact Claire Moseley on **01709 850353**

ROTHER VALLEY COUNTRY PARK SCULPTURE TRAIL

Ten wooden sculptures designed

by young people and sculptured by local artist Simon Kent — this trail will take you to the higher and wilder parts of the Park.

You will discover a breathtaking view looking out over parts of Sheffield and Derbyshire as you follow the waymarked trail — and as you arrive at

each sculpture, perhaps a moment of reflection. For more information about the sculptures or any aspect of the trail, call into the Rangers office in the courtyard.

Call 0114 2471452

or visit www.rothervalleycountrypark.co.uk, or email: info@rvcp.co.uk.



ROTHERHAM'S FABULOUS MEMORY CAFES



DAVID Coldrick, managing director of Home Instead Senior Care, Rotherham, told us that: "We provide companionship based care enabling people to live in their own home for as long as possible."

"So we know that people with dementia who still live in the community, and their family carers, can really benefit from the memory cafes run by the local Alzheimer's Society."

"It really is something Rotherham does well — they do a fabulous job."

The memory cafes are held at venues in the town centre, Wath, Maltby and Dinnington. There are also two regular related 'Singing for the Brain' events.

David adds: "The venues are light, airy, accessible and very friendly."

"Alzheimer's Society staff and volunteers set them out like a cafe with coffee, tea and biscuits available."

"There is always buzzing conversation between the

carers, professionals, volunteers and those who have dementia.

"This is where the impact of dementia can, for a time, be reduced through an engaging and uplifting environment."

"They are a weekly high spot for many."

Memory Cafes help stimulate, encourage and support people. Games, structured music and singing — most people join in even if they are a little cautious at first — can truly reignite the spark in people's eyes and give them something they like to talk about for the rest of the day.

The music is often provided by the Lost Chord group based in Maltby.

David suggests: "I cannot emphasise enough that if you are helping someone with dementia you should give the Alzheimer's Society a ring on 01709 580543 either about going to a memory cafe or for other related professional advice."

David Coldrick is managing director of Home Instead Senior Care, www.homeinstead.co.uk/rotherham, 01709 837170.

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THE CARE YOU DESERVE!

AS the ever increasing population relies more and more on care in their own homes, a much greater trust is placed in the carers providing home support.

For too many years care in your home has been 'prescribed' that is to say people receiving support had to accept what was given. Only too often visits are either cut short or missed altogether with little regulation.

Director of Lifetime Home Care Ltd, Daryl Annable, says: "We understand the importance of quality care delivery and for this reason we have implemented a 'live' electronic call monitoring system which ensures all calls are attended on time and for the duration expected."

Unfortunately, all too often, carers are sent to customers without the correct training or indeed no training at all.

Following a rigorous recruitment process, all new carers at Lifetime Home Care Ltd carry out a thorough training package before they visit any customers and are expected to continue to develop their care skills through further training. All carers are expected to achieve their diploma in health and social care ensuring their continuing professional development.

With 27 years experience in delivering care, Daryl strives to ensure the care he gives to all customers is of the highest quality possible; you could say that you will get 'The care you deserve'.

Could you become a dedicated volunteer befriender?

ARE you looking for something positive to do?

Do you have a few hours to spare once a week or a fortnight?

Have you got a caring, patient nature?

You would meet someone with the early stages of dementia on a regular basis, and build up trust with that person. You might visit them at home to provide companionship, or go out into the local community, so that they can take part in activities, hobbies or interests.

No special qualifications or experience are needed, just a caring and patient nature, and a willingness to learn about dementia and its impact on people. If you are committed to treating people from all backgrounds with dignity, this may be just the thing for you. For more information contact Gail Curtis, the befriending manager, by email on: gail.curtis@alzheimers.org.uk, or leave a message for her on: 01709 580543.



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FREE KNEE CLINIC

FOR ONE IN FOUR BRITONS AFFECTED BY KNEE PAIN

BUPA has launched a new online knee clinic for both members and non-members, offering information and advice about the variety of treatment options available for different knee conditions and general preventative tips, including how to keep knees healthy day-to-day.

The Bupa knee clinic, a free resource, is launching following survey research which revealed that more than two fifths of those who have suffered knee pain in the last year have opted not to see their GP about the problem — with 30 per cent of those believing that 'nothing can be done' about their condition.

The aim of the website is to inform people about the many treatment options available and to give them the right information to have more productive conversations with their GP.

The key features of the website are:

- Information and advice on a wide range of topics, from prevention and diagnosis to accessing treatment
- Video guides on preventing knee injuries during training and exercise
- An Oxford Knee Score tool, which helps people understand the severity of the pain they are experiencing via a multiple choice questionnaire
- A patient decision aid for knee osteoarthritis to help sufferers make an informed decision about their treatment
- A community support forum for knee pain sufferers to share their experience with other people in a similar situation

You can visit the Bupa knee clinic for free at: bupa.co.uk/knee-clinic.

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FOR PEACE OF MIND — PRE-PLAN

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Jeremy Neal's Funeral Directors offer a range of funeral plans that will give a clear written estimate to show their charges and any payments that are required to be made on your behalf to third parties. Third party payments (disbursements) relate to the fees paid to cemeteries, crematoria, church, clergy, organists, doctors, newspapers, florists and other organisations or people who may be involved.

An assortment of pre-payment funeral plans are available from just £25 per month; for further professional advice please call Jeremy Neal Funeral Directors on:

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We pride ourselves on quality work and all of the consultants have had national or international level training in their specialist field. Nine of the team sit on national society boards and two are members of the specialist advisory committee in orthopaedics.

As we all get older, our joints become degenerative and our muscles more prone to injury. This can cause problems in all areas of the body. Pain, restricted movement and reduced activity are common symptoms. Our consultants are trained to identify musculoskeletal problems and recommend treatments where possible.

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REVERSING THE EFFECTS OF AGE ON OUR SIGHT

A respected eye surgeon believes glasses could quite well become a thing of the past as new technology makes seeing like a 21 year old possible for all.

The last decade has seen a revolution in cataract surgery allowing the cloudy natural lens of the eye to be replaced with advanced man made lenses designed to provide good sight for distance and near without spectacles.

Advanced refractive cataract surgery, which takes 20 minutes, can help our ageing population see young again. In many cases the best they have ever seen in their lives.

Milind Pande, consultant eye surgeon at Vision Surgery & Research Centre in Humberside, says that lens exchange surgery, the same procedure as that used for cataract patients, is also helping more and more patients over 45 who need reading, bifocal or varifocal glasses as a result of presbyopia or ageing sight.

"At the age of 21 we can see clearly in the distance and can focus from distance to near objects effortlessly.

"At 45, we begin to struggle to zoom in on near objects, unable to read without glasses. This continues to worsen through our 50s and 60s and at 65, there is usually some degree of a cataract.

"These changes are normal, age-related changes which reduce the quality of our lives and results in the lens clouding up, which is called a cataract.

"The last five years has seen a rapid increase in the numbers opting for lens exchange surgery and has become the fastest growing vision correction surgery worldwide.

"The over 45s benefit from reducing their need for glasses as many people of this age simply don't want to wear them. Lens exchange surgery is like bringing forward your cataract operation to enjoy better vision without spectacles and eliminates the need for a cataract operation in the future. Whether you are 65 with a cataract or 45 with reading glasses, sight is rejuvenated and patients can often see as well as when they were 21."

Patients who have received this treatment often talk of 'life changing' results and a new lease of life which has enabled them to live life to the full and even resume past activities.

Mr Pande explained how one patient achieved the sight of a 21 year old, all within the 20 minute treatment.

"Recently, a patient of mine who had worn thick spectacles all of her life walked out of hospital an hour or so after having Refractive Cataract Surgery using state of the art diagnostics and advanced replacement intraocular lenses.

"A few days later she was able to drive, read a book and even look at a telephone directory without spectacles, very similar to a normal 21 year old. She was seeing young again.

"This is not an unusual story as it is now possible for most people to see young again."

For further information see www.visionsurgery.co.uk.

Sunlight related eye diseases

Many people know that exposure to the sun, especially at the height of summer, can damage their skin. But they don't realise that extended exposure to ultraviolet (UV) rays can also increase the risk of developing eye problems.

Studies have shown that the effects of UV radiation are cumulative and may increase the chance of developing eye problems, including cataracts and age-related macular degeneration (AMD), two leading causes of reduced vision in people over the age of 55.

In the UK, more than 600,000 people suffer from AMD and cases of the disease are expected to increase by a quarter in the next ten years.

Many people are unaware of these risks and are not taking enough preventative measures to

protect their eyes.

For best UV protection of the eyes, it is recommended to;

- Wear wraparound glasses that absorb at least 99 to 100 per cent of both UVB and UVA rays
- Wear a wide brimmed hat to shade the eyes
- Finally, for anyone that needs vision correction, UV blocking contact lenses can also provide additional protection
- UV blocking contact lenses can act to block rays which could reach eyes through the sides of sunglasses.
- ACUVUE® is the only major brand which blocks more than 98 per cent of UVB and 85 per cent of UVA rays as standard across the entire range of its products.

OLDER PATIENTS NEED SUPPORT TO COMPLAIN

COMPLAINTS about the NHS rose steeply last year, according to the Parliamentary and Health Service Ombudsman, but a leading website providing advice to the families of elderly people says it is concerned that this still does not reflect the true level of poor service.

Deborah Stone of www.myageingparent.com said: "There are still many people who never complain, partly due to the 'mustn't grumble' mentality of many older people, partly due to their unwillingness to challenge the authority of doctors and nurses and partly because they think things for them will get worse if they do."

"People have complained about being unfairly struck off general practice lists after disputes or disagreements, while for those still receiving hospital treatment there can be a real fear that they will be victimised if they make a fuss."

"We regularly get emails from concerned relatives about how to deal with this particular problem, which is why we've put together the advice."

The cause for concern has never been higher, in the wake of the recent scandal at Mid Staffordshire NHS Foundation Trust, and although the Government has now pledged to improve training or staff, this will take time to take effect.

The website has now compiled a simple 'how to complain checklist' and is urging the families of elderly patients to file complaints on their parents' behalf in order to take them 'out of the line of fire'.

"Patients over 65 make up the majority of most hospital stays," says Deborah.

"And are by far the biggest user group of all medical services; but this is the generation that was told to believe that the 'doctor is always right'."

"A great many are also unwilling to take on authority because of their declining health or mental faculties. This is where their family must step in."

"Making a complaint to any organisation can be difficult, time consuming and stressful, so these tips may help to make the process easier both for you and for the person dealing with your complaint."

So how do you make a complaint and do it so that you are listened to?

■ **DON'T DELAY** — complain as soon as possible after the event. It is much easier to remember all the details and there will be less argument as less time has elapsed since the incident you are complaining about. Check any time limit for your complaint to be lodged so you don't miss any deadlines. If you are unhappy with the reply, you may have the opportunity to take your complaint to a second stage. Again, do so as soon as possible and explain why you are not satisfied with the first reply.

■ **MAKE CHECKS** — when you have decided to complain, make sure you are complaining to the right organisation and the right department within

that organisation. Usually, the head of the department that you are complaining about is the best first point of contact.

■ **TELL THEM IT'S A COMPLAINT** — tell them straight away this is a complaint and that you want it put through the complaints procedure. Ask for details of the complaints procedure and find out who will be handling your complaint.

■ **PUT IT IN WRITING** — it is helpful to put your complaint in writing if you can. If this isn't something you feel comfortable doing, you could ask a friend, carer, family member, or an organisation like Citizens Advice to help you. Make sure to write 'complaint' at the top of your letter or email, so there can be no doubt.

■ **BE CLEAR AND BRIEF** — cover all the relevant points, but be as brief as you can. Avoid writing long letters or emails — you may feel you need to write in great detail, but in most cases this is not necessary. Make it easy to read by using numbered lists and headings to highlight the important issues. Give your contact telephone and email details, as well as your address. Then, if the person dealing with the complaint needs more information, he or she can contact you and ask.

■ **PROVIDE EVIDENCE** — send copies of relevant documents, but only if they will help the complaint officer understand your complaint, or if they provide evidence to support your complaint. Make sure you keep copies of anything you send. Keep notes of any telephone calls about the complaint, including the name of the person you spoke to. This may be important later.

■ **CHECK IT THROUGH** — get family or friends to read your complaint before you send it. If they can't understand it, then the person you send it to is likely to struggle too.

■ **BE CLEAR ABOUT WHAT YOU WANT** — explain clearly what you hope to achieve by complaining. Be realistic: your aims need to be fair and proportionate to the problems you have had.

■ **BE POLITE** — whether writing or speaking to a complaint officer, try to remain polite and calm. Be assertive, not aggressive. Your experience of making a complaint is likely to be more productive if you calmly discuss the issues with the complaint officer. Getting angry tends not to lead to a better outcome and just makes the complaint process unpleasant for everyone.

■ **RESPOND APPROPRIATELY** — respond appropriately if asked to do so by the complaint officer and read any letters and documents that are sent to you. If for some reason you cannot reply within the stated timescale, such as if you are unwell or away on holiday, tell them why and ask for more time.

■ **BE PATIENT** — it may take some time for your complaint to be considered. Don't be afraid to chase politely if nothing seems to be happening to progress matters.

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