



HUNTINGDONSHIRE SOCIETY FOR THE BLIND

REGISTERED CHARITY 202573

NEWSLETTER - WINTER 2011

We wish you all a very Merry Christmas and a Happy New Year from the Chairman, Board of Trustees and staff at Hunts Society for the Blind.

Please note that this message replaces a Christmas card sent through the post.



HUNTINGDONSHIRE SOCIETY FOR THE BLIND

***8 ST MARY'S STREET
HUNTINGDON
PE29 3PE***

***Telephone: 01480 453438
Fax: 01480 453556
e-mail: info@huntsblind.co.uk
www.huntsblind.co.uk***

***THE CENTRE INCLUDES THE OFFICE, SHOP AND
EQUIPMENT ROOM***

***WE HAVE STAFF AVAILABLE FROM
10.00 am. to 3.00 pm.
MONDAY TO FRIDAY***

Here to help:

Manager:

Administrator:

Social Activities Co-ordinator

Outreach worker (north)

Outreach worker (south)

Erika Brown

Helen Bosworth

Tracey Acourt

Christine Goodwin

Jenny McInnes

Welcome to the **Autumn/Winter 2011** edition of the Society's Newsletter. The Society has gathered together information which we hope will be of interest to you. If you would like to submit anything for future editions then please send it to us at the usual address.

The Newsletter is distributed to all members either by paper copy, CD, e-mail or Braille. If you would like to receive it in a different format than the one you are currently receiving please contact us on **01480 453438**.

While every effort is made to ensure that the content of this newsletter is correct, we cannot be held responsible for errors. Goods and services featured do not carry any recommendation from The Huntingdonshire Society for the Blind.

SOCIETY NEWS AND NOTICES

Member News

Birthdays

We would like to send our best wishes to all members celebrating a birthday in December, January, February and March. Members celebrating a **special birthday** in the coming months are: Flora Cutri, Tony Gill, Colin Houlden, Mary Ingram, Ruth Massey, Lilian Newman, Rose Rowe(100), Doreen Clifton, Morris Healy, Peggy Jorden, Sam Martin, Ted New, Sean Pledger, Jean Smith, Kathleen Adams, Carol Ashman, John Bennett, Thelma Cox, Richard Dilly, Norma Edwards, Edna Perry, Peggy Darling, Barry Davies, Ken Ellington, Peter Wilderspin and Doris Wrycroft. We wish them all a very special happy birthday.

Deaths

We are very sorry to report the deaths of the following members: Ellen Stewart, Betty Jones, Bobby Gentry, Zillah Johnson, Daphne Weedon, Brian Harvey, John Blake, Phylis Vause, Dorothy Roystone, Lilian Medlock, Irene Harrison, Margaret Carr, Molly Peckover, John Bennett, Edith Cornell, Phyllis See, Lily Berrill, Joan Ashton, Winifred Kettle, Maria Wyness, John Dawes, George Woodhead and Jonathan Shapland.

Congratulations to Doris and Ben Williams who are celebrating their diamond wedding anniversary on 12 January 2012.

Christmas/New Year Holidays

Please note that the Society office and shop will close at noon on Friday 23 December 2011 and re-open at 10am on Tuesday 3 January 2012.

SHOP OPENING

Please note that the shop will no longer be open on a Saturday morning.

Annual General Meeting

The Society's AGM took place on Tuesday 27 September 2011.

At the meeting the Board of Trustees and officers were appointed as follows:- Angela White-Horan (Chairman), Peter Bucknell (Vice-Chairman), Frank Newton (Treasurer), Paul Askew, Mike Baker, John Huff, Ken Parker and Roger Wood. We are very sorry that Karen Walker and Sharron Kelsey decided to retire from the committee. We are very grateful to them for their help and support over the years.

Following the meeting we had a talk from Ann Evans from the Doorstep library informing us on how it operates. We then heard from Danny Gleeson from The Macular Disease Society who spoke about that Society. Alfred Hill also gave a brief talk on his experiences as a newly registered member of the Society and we are delighted that Alfred Hill has since joined the Society's Board of Trustees.

Society Group Holiday 2012

The Society's holiday will take place between Saturday 14 and 21 July 2012 at The Lauriston Hotel, Weston-Super-Mare. The Lauriston is a wonderfully warm, friendly and spacious hotel, with a picturesque seafront location in the heart of the Somerset countryside; it is easy to forget that Weston-super-Mare, with its wide range of shops, restaurants and activities is just a stone's throw away.

The Lauriston was originally three different houses called Standen, Beachfield and Lauriston. Action for Blind People bought Lauriston House in the first instance and then Standen House. Before they

bought Beachfield House, guests staying at Standen House would walk around the outside of the building to come to the Lauriston Hotel for meals as there was no adjoining interior corridor.

Facilities, Amenities and Services

The Lauriston Hotel has a wide range of facilities, amenities and services to create the perfect environment for a great break. Good lighting, easy to read signage, non-smoking, disabled toilets, hotel information in large print and in Braille. A Standard PC, PC with screen reader and CCTV are available for guest use. The restaurant is open for breakfast, lunch and dinner and the menu is available in large print and Braille. There is wheelchair access to the restaurant and bar/lounge. Bar snacks are available all day as well as packed lunches. There is evening entertainment and guided excursions. Room facilities include tea and coffee maker, hairdryer, iron and ironing board, dog beds, telephone , alarm clock, radio, wake-up calls, daily housekeeping, TV, cable/satellite channels and CD player.

The Lauriston Hotel is ideally situated for guests to enjoy all of the activities, amenities, events and attractions that Weston-super-Mare and its surrounding area offers.

The application form and further details are now available and if you have already expressed an interest you should have received them. At this stage we are not able to confirm if there are any spare places but if you are interested and have not yet notified the office yet please contact Helen on **01480 453438**.

Resources

The Society has a well-equipped resource room from which a wide range of talking and visual aids can be demonstrated and purchased. Please contact the office if you require large print 2012 diaries and calendars.

New products

Colour Video portable magnifier from Cobolt

- 6 text / background colour modes plus full colour
- Lightweight and easy to use with tactile buttons
- 5 levels of magnification: X6, X11, X13, X20 and X25
- Can be used independently or connected to a TV or a computer via a USB converter

- Adjustable brightness and low battery indicator
- Freeze frame with zoom capability
- Screen size 4" X 2"
- Built in stand allows the user to write under camera
- Powered by rechargeable batteries
- Supplied with strap, carry case, charger, video cable and lens cleaning cloth.

Price £169.95

Boom Box Plus

- MP3 player plays from memory stick
- Plays talking news, talking books and more
- FM radio and headphone socket
- Digital quality sound
- Runs from mains and rechargeable batteries
- Ability to bookmark 4 memory sticks
- Small and light
- Simple to use for adults and children

Price £24.00 exc VAT for registered blind users

Sapphire 3 MP3 player

Listen to music, audio books anywhere with this lightweight and compact portable MP3 player in wood effect finish. With built in speakers, it will play MP3 files directly from a USB stick or SD memory card.

- Five simple tactile controls and a remote control
- Use built in rechargeable battery or mains operated.
- 9cm X 18cm X9cm, Weight 565g.

Price £24.99 ex VAT (DH309)

Ex Demo equipment for sale or loan

The Society has several CCTV readers for long term loan to members or to purchase for a small donation. The readers are the size of a small television and magnify print with a choice of colour contrasts. There are also some Eezee readers which are the size of a computer mouse and plug into a television screen with a scart lead enabling the print to be magnified onto the screen. Demonstrations are available at the Society.

Also available for purchase at a sale price is a **CleaReader** from Optalec which has been used for demonstration purposes. This is a flat bed scanner that works by scanning printed paper documents and reading them back to you through the built in speakers. The original cost of this machine was £1695 and we are offering it for £800.

Also available as ex demonstration is a Voice Mate (Parrot) which is voice activated and operated with 40 minutes recording time and is pocket size. This was £135 and is now half price.

We also have a few cube and calendar clocks for sale prices. Please contact Helen at the office on 01480 453438 for more information.

Reviewing the Kindle

There are many brands of electronic Book readers on the market now and The Kindle is a popular make. We will shortly have one available for demonstration. There are various types available with Wi-Fi & free 3G. For The Kindle the simple start-up guide allows almost instant use, although people with no sight may need help to familiarize themselves with the Kindle layout.

- A computer is not necessary for the Kindle 3G model.
- There is no wireless set-up or monthly fee.
- Great choice of books, many of them free.
- The Kindle can hold up to 3500 books.
- Easy to purchase and download books once setup
- Easy to locate books from main menu on the Home Page.
- Your Home Page menu and Books can be read out using 'Text-to-Speech' function: there is a choice of a male or female voice.
- Reading speed can be changed.
- Font Type, Word Spacing and Font Size can be customized.
- Screen orientation can be altered from portrait to landscape to display more words per page.
- Free web browser with the 3G model, with magnification option.
- Ability to import other documents, such as Word, .pdf files or Audible books, by USB transfer from computer.
- The screen uses 'E-ink' technology which saves on battery power and can be read even in bright sunlight as there is no glare.

- Battery life is very good and lasts weeks between charging.
- The Kindle is ergonomically slim and light and can fit in a large pocket.
- Buttons on the side make turning 'pages' very easy. Although the keyboard buttons are small and some dexterity is required.
- Favourite passages in books can be bookmarked for ease of recovery.

However

- Recent books or bestsellers can be the same price as from a bookshop.
- The Web browser is still experimental and fiddly to use.
- The 'QWERTY' keyboard and buttons are very small and of poor contrast.
- Text size of the main menu cannot be increased.
- Network reception depends on your area, therefore your model choice will depend on whether you have a computer and Wi-Fi and your network availability (2G or 3G).

In general, the Kindle is a great, easy-to-use e-reader however the only drawback is that you need lots of free time to read your books!!

BRITISH WIRELESS FOR THE BLIND

British Wireless for the Blind Fund (BWBF) has announced the official launch of Concerto 2, the brand new version of the charity's most popular radio. The Concerto 2 still contains all of the easy-to-use features of the original design, allowing users to play CDs, cassettes, SD cards and listen to both digital and analogue radio.

BWBF has listened to feedback from recipients and organisations providing audio publications for blind and partially sighted people and packed their latest set with the most up-to-date features including the facility to play USB memory sticks. The USB facility has a fast forward and rewind function, allowing the listener to skip backwards and forwards within tracks contained in the memory stick. The radio retains all of the specially adapted features that make it easy-to-use for blind and visually impaired people, as well as those living with other disabilities. These features include one-touch station presets,

high visibility yellow controls, large character LCD display with zoom function and audible tuning tone.

The Concerto 2 is available on free loan to blind and visually impaired people who meet BWBF's criteria and it is also available to purchase. Further details can be found at www.blind.org.uk or on 01622 754 757.

CHRISTMAS CARDS AND MESSAGES IN BRAILLE

We have a range of charity Christmas cards for sale as well as individual tactile cards with Braille seasonal greeting. We are also able to print in braille any greeting of your choice for which we ask a small donation.

Wanted

A quick reminder that if you or anyone you know has any unwanted mobile phones, bric-a-brac, used stamps or spare wool you wish to donate to the Society please contact Erika in the office on **01480 453438**.

CAN YOU HELP?

The shop is very thankful for any donations received to resell and we do receive some unusual items. One recently was a wooden club which is an African tribal weapon called a knoberee. The gentleman who purchased it is very interested to find out about its history and so if you know who brought it into the shop we would be pleased to pass on any information. Please contact Helen at the office on 01480 453438.

FUNDRAISING NEWS by Erika Brown

Thank you to everyone who supported our **summer coffee mornings**. The weather, on the whole, remained kind to us and we managed to host each in the Society garden raising a fantastic grand total of £913.

With kind permission of **Tesco** we held a collection day at each of the local stores in Ramsey, St Neots and Huntingdon and raised £747. Thank you again to all those who gave up their time to support this activity. If you are interested in helping on a collection day please let

me know. I'm always looking for additional helpers who could spare just an hour to stand with a collecting tin.

A quick reminder that if you or a friend, relative or neighbour has an **unwanted car you wish to donate** for cash, Hunts Society for the Blind is part of Giveacar, the UK's largest vehicle donation service. Giveacar organises free collection and scrappage anywhere in the UK. Cars are either recycled, and a donation made based on the value of scrap metal, or put into an auction, and a donation made based on the auction price. To donate a car to Huntingdonshire Society for the Blind, please contact the office for more information.

Thank you to all who placed **autumn/winter plant orders** which raised £370 for the Society. Keep an eye out for spring/summer order forms next year!!

Guests at the **fundraising luncheon** held at The Dolphin Hotel in St Ives in October enjoyed a wonderful afternoon with fantastic food and raised £800 in the process! Thank you to all who came along and supported this event or sent in donations.

We have recently joined a **jewellery recycling collection scheme to raise funds for the Society**. We welcome all sorts of unwanted jewellery towards this recycling appeal: gold, silver, costume jewellery, watches – items can be damaged or incomplete so odd earrings and snapped chains are a great start! To make a donation simply parcel up your jewellery and post free of charge to: Huntingdonshire Society for the Blind, FREEPOST, CENTRAL RECYCLING or contact the office for an envelope or assistance.

Hunts Society for the Blind Fundraising Quiz

Saturday 25th February 2012

7.30pm for 7.45pm start

St Ives Corn Exchange, Market Hill, St Ives

Tickets £5.00 per person

Bring your own picnic and drink

For further details and bookings

Telephone: 01480 453438

HSB 200+ Club Results

August

1st prize - £25, D Williams
2nd prize - £15, Mrs Seaman
3rd prize - £10, J Whitney

September

1st prize - £25, E Roper
2nd prize - £15, M Royston
3rd prize - £10, S Kelsey

October

1st prize – £25, Mr Knight
2nd prize – £15, Mrs Seaman
3rd prize – £10, Mrs Lacey

November

1st prize - £25, L Conquest
2nd prize - £15, E Fuller
3rd prize - £10, B Turner

Congratulations to all prize winners and our thanks to members of the 200+ club for your continued support. If you or a friend or neighbour is interested in joining the Society's 200+ club please complete and return the form provided on the back of this newsletter.

USEFUL TIP

If you have trouble pouring hot water from a kettle why not consider a hot water dispenser which fills a cup with hot water at the push of a button. Available at Argos stores.

OUTREACH NEWS by Tracey Acourt

I would like to start by thanking all the members that wished me well, whilst I was on sick leave throughout October. After making a full recovery, I couldn't wait to see you all again.

Summer Outings - The 3 day trips "All aboard the water gardens" proved to be great value for money, including the train trip (with a running commentary on the history of the Mid-Norfolk railway), lunch at a restored Victorian train station, entrance into the Gooderstone water gardens and afternoon tea and homemade cakes. The gardens were immaculately presented and even the afternoon showers on the last day didn't put you off.

Mike Gee - Mike entertained the clubs in September. He wooed us with his smooth singing voice, comedy (yes, it was a bit near the knuckle at times!), acted out a Max Wall sketch and produced a

cartoon drawing for the Society, now proudly displayed in the office.
All this whilst the poor chap had tooth-ache. A true professional!

Ten-pin Bowling - Unfortunately I was unable to attend three of the ten-pin bowling trips however, many of you reported that a good time was had by all. I am thrilled that you all enjoyed yourselves as much as last year. I would encourage everyone to attempt bowling at least once. We are very fortunate to have volunteers who are eager to help the bowling teams and my thanks to all helpers on these trips.

Goods for Sale - Yet again, we had a good response to the sale of goods from the shop (Christmas cards and wrapping paper, hand knitted items, bric-a-brac etc). Blind aids, both new and second hand were also on offer.

We invited Michelle Seddon from the solicitors "Winters", to talk about the importance of having an up-to-date will, powers of attorney, legacies etc. Anyone wishing to book a home visit from her may contact the Society.

Christmas Party - The deadline for the Christmas party has now passed and I am pleased to inform you that over 200 members will be attending on the 13th December at the Wood Green Animal Shelter, Godmanchester.

Events for 2012 - Next year's monthly club events are booked and include a visit from Optelec, bingo, lunch on a steam engine at Nene Valley railway, a show at Wicksteed Park, a brass quartet and the return of the Merry Makers. Please feel free to suggest anything you think may be of benefit to the clubs.

I hope that you will continue to show your support and may I wish you a very Merry Christmas.

Many thanks, Tracey.

CLUB VENUES

ST NEOTS SOCIAL GROUP

Methodist Church Hall, Berkley Street, Eynesbury, St Neots

*Usually meets every **FIRST MONDAY** of the month 2 to 4pm*

	Venue, Activity & Time
16th January	Demonstration by Optalec and Bingo Eynesbury Methodist Church Hall, 2 – 4pm
6th February	To be arranged
5th March	Entertainment by the Merrymakers Eynesbury Methodist Church Hall, 2 – 4pm
2nd April	Fish and Chip lunch Eynesbury Methodist Church Hall, 12 – 2pm

HUNTINGDON SOCIAL GROUP

Huntingdonshire Community Church, High Street, Huntingdon

*Usually meets every **LAST MONDAY** of the month 2 to 4pm*

	Venue, Activity & Time
30th January	Demonstration by Optalec and Bingo Huntingdon Community Centre 2 – 4pm
27th February	Speaker from Cromwell Museum Huntingdon Community Centre 2 – 4pm
26th March	Entertainment by the Merrymakers Huntingdon Community Centre 2 – 4pm
30th April	Fish and Chip lunch Huntingdon Community Centre 12 – 2pm

ST IVES SOCIAL GROUP

St Ives Methodist Church Hall, The Waits, St Ives

*Meets every **THIRD WEDNESDAY** of the month 2.30 to 4.30pm*

	Venue, Activity & Time
18th January	Music & Comedy by Mike Gee St Ives Methodist Church Hall, 2.30 – 4.30pm
22nd February	Brass Quartet St Ives Methodist Church Hall, 2.30 – 4.30pm
21st March	Music Hall production by “Bustles and Beaus” St Ives Methodist Church Hall, 2.30 – 4.30pm
18th April	Fish and Chip lunch Venue to be confirmed, 12 – 2pm

RAMSEY SOCIAL GROUP

Bury Village Hall, Bury (Ramsey)

Usually meets every **SECOND MONDAY** of the month 2 to 4pm

	Venue, Activity & Time
9th January	Demonstration by Optalec and Bingo Bury Village Hall, 2 – 4pm
13th February	To be arranged
12th March	Entertainment by the Merrymakers Bury Village Hall, 2 – 4pm
23rd April	Fish and Chip lunch Bury Village Hall, 1 – 3pm

*Please come and meet fellow members and enjoy musical entertainment, days and meals out and so much more. If you do not already attend and wish to do so, please phone Tracey Acourt **on 01480 453438**. Transport can be arranged if required.*

FOR SALE

TGA Scooter

Slate blue with cover and instructions

8 Months old

Was £650 now £400

Please contact Tracey Acourt, Tel: 01480 453438 for further details.

LOCAL TALKING NEWSPAPERS

Huntingdon and St Neots talking newspapers produce a weekly recording of local news on CD. If you are interested in receiving this then please let the office know and we will arrange it for you.

195 – BT FREE DIRECTORY ENQUIRIES

This is for people who find using a phone book difficult. First you need to be registered to use the service and once this is done, you will receive a PIN that confirms your eligibility to use 195. There is no connection fee for the operator assisted service. However, the actual call will be charged as a normal operator connected call.

VISION HOTELS

Vision Hotels has four hotels in the beautiful coastal and countryside locations of South Devon, West Sussex, Somerset and Lake Windermere. The not-for-profit Vision Hotel Group offers relaxing breaks at prices that won't break the bank! For further information please visit www.visionhotels.co.uk.

CREATIVE TRAVEL

This company specialise in holidays for the visually impaired and have a trip organised for Tuesday 24 April to Saturday 28 April 2012 to The Belmont Hotel (3 star) in Llandudno, North Wales. 4 nights and 5 days Price is £297.00. This includes an executive coach to the hotel and tours each day accompanied by a courier trained in visual awareness, giving a light hearted commentary each day on the coach. Included in the price is breakfast and evening dinner at the hotel, entertainment every evening and free holiday cover. The hotel has easy access, a talking lift to all floors and there are no single room supplements.

If you are interested please contact Creative Travel on **01503 220422**.

GREAT NEWS FROM HDC

FREE PARKING AFTER 3PM IN DECEMBER

Huntingdonshire District Council is offering shoppers free car parking after 3pm on weekdays from 5th December to 23rd December in council operated car parks. Parking is already free in the town centre car parks on Sundays. This special offer is valid in the market towns of St Neots, St Ives and Huntingdon. Parking is free in Ramsey.

Councillor Darren Tysoe, Executive Councillor for Environment said 'We hope that this free parking offer will encourage residents to do their Christmas shopping in their local town.' Shoppers will not have to pay and display a ticket during the special offer period. Signs and stickers will be on display in car parks and on the car parking machines explaining the times when the offer is valid.

The offer is not valid in the Sainsbury's or Waitrose supermarket car parks as these car parks already offer a refund for shoppers. It is valid Monday – Friday only. If you arrive before 3pm you will need to pay for enough parking to cover you until 3pm.

PERSONAL SHOPPING

If you find shopping difficult you may be interested to know that Debenhams in consultation with RNIB has launched a free personal shopper service for blind and visually impaired customers. There will be at least one trained personal shopper in each store nationwide. To book, call **0844 561 6161** or visit www.debenhams.com/store-services and look under personal shopper.

HATE CRIME REPORTING SCHEME

Don't suffer in silence. **Open Out** is a third party reporting scheme that offers support, advice and information to victims and witnesses of prejudice incidents and hate crime.

Report Hate Crime – **01223 823 552** or visit the website at www.openoutcambs.org

ARE YOU CONSIDERING LEAVING A GIFT TO CHARITY IN YOUR WILL?

Currently, the law states that if you leave a gift to charity under your Will, the value of that gift will be deducted from your estate before any Inheritance Tax calculation will take place. It is also true that any gifts made to charity up to seven years before your death will qualify for an exemption from Inheritance Tax.

If your estate is liable for Inheritance Tax (i.e. your estate is over the current £325,000 threshold), then you could reduce the estate by giving to charity under your Will, hence reducing your Inheritance Tax bill. This could be done by gifting a fixed sum (known as a Pecuniary Legacy) or by gifting part of the whole of your residuary estate (known as a Residuary Legacy).

The April 2011 Budget announced that those estates liable for Inheritance Tax would be charged 10% less tax on their estate if they had donated at least 1/10th of their assets to charity. The idea behind this concept is to assist charities and it is expected that this scheme would amount to an extra £550million for charities. It should be clear that this scheme does not benefit the beneficiaries, just the charities.

Jack Osbourne states that he wishes for this scheme ‘to make giving 10% of your legacy to charity the norm in our country’.

Making a legacy in favour of Huntingdonshire Society for the Blind is a straightforward, easy and cost effective way to support the Society’s work. By leaving a legacy to the Society you are helping to ensure that its work will continue for many years to come.

Get proper legal advice about Wills to avoid being ripped off. Solicitors are required to set out in writing the basis of their charges and in many cases Wills are undertaken for a fixed fee with free storage of Wills and other documents. Winters Legal LLP can help you in both the making of the Lasting Power of Attorney and also in registering it with the Office of Public Guardian.

Winters Solicitors is offering Society members discounted rate for Wills. A single Will cost £75 + VAT (usually £135 + VAT), Mirror Wills £135 + VAT (usually £195 + VAT). Please quote: MS/HSBWill. For further information contact 01480 377377 or email: michelle.seddon@winterslegal.co.uk.

CAMBRIDGESHIRE OLDER PEOPLE’S ENTERPRISE

COPE is a registered charity, run by volunteers, which plans for the future for and by persons aged 50 and over. COPE helps fulfil various important health related functions for older people, which include social contact, friendship support and providing information via a monthly newsletter. Future events with COPE include a pre-Christmas dance at Histon with Billy G on December 2nd, a theatre trip to “**War Horse**” on January 5th “**Valentine Carvery Lunch**” at the Dolphin Hotel in St Ives on February 14th, and a tour, tasting and lunch at the “**Green King Brewery**” at Bury St Edmunds on April 23rd. If you would like to join COPE or require further information please call 01223 364303 or email cambridgecope@hotmail.co.uk or visit our website www.cambridgecope50.org

RE-ABLEMENT

Reablement is being independent following an operation or illness. If you or someone you care for requires social care support following an

illness or operation, this would traditionally have been provided by a care assistant providing direct care to the person in need. Since September 2010 a new service, re-ablement, has been providing support to enable older people who have poor physical or mental health following illness or an operation to live in their own homes. Re-ablement programmes can last for as little as a few days and generally don't exceed six weeks. The ethos of re-ablement is to encourage people to do things for themselves rather than having things done for them. There is no charge to the individual as long as they are participating in the programme.

You can find out more about re-ablement at

www.cambridgeshire.gov.uk/social or by contacting Catherine Gleadow, Reablement Project Leader at Cambridgeshire County Council on 01223 699858 email:

catherine.gleadow@cambridgeshire.gov.uk

MAKING SURE VITAMIN SALES ARE 'HEALTHY'

Cambridgeshire County Council's Trading Standards Service team has seen a sudden rise in complaints from older residents and their families on their behalf, about the pressure selling of vitamin pills over the telephone. There have been reports of calls from people alleging to be doctors telling older people that they must buy certain vitamin pills to protect their health. Some have been persistent calls that have resulted in people feeling bullied into buying these pills, only to find they have been sent more and more, resulting in mounting costs.

The advice from Trading Standards is to never agree to anything on the spur of the moment, either on the phone or at the door. Take your time to think about it. Talk to friends or relatives if it involves a lot of money. Particularly when it comes to vitamin pills (or any form of medication), it is important to speak to your own GP to make sure the products are suitable for you. If you are pressured to enter into an agreement over the phone, then you are usually allowed to cancel and return the goods up to 7 working days after you receive them. Furthermore, if you agree to buy something face to face from a salesperson that calls on you in your home, and you agree to pay more than £35, you usually have 7 days to change your mind. By law the salesperson must give you a written notice of this right to cancel. If you think you have been mis-sold something, or been pressured into buying a product or having some work done, our partner advice

team, Consumer Direct, is here to advise you. It is a free, confidential and impartial Government advice service, who can be contacted on **0845 4040506**.

You can help reduce the number of sales calls you receive by registering with the Telephone Preference Service which allows you to opt out of receiving sales and marketing calls and businesses are obliged by law to abide by that. To register, call the **Telephone Preference Service on 0845 070 0707** or register online at www.tpsonline.org.uk. Cambridgeshire County Council can provide you with a free 'We're not buying it' sticker for your front door. Call 0845 4040506 or visit their website www.cambridgeshire.gov.uk/consumer.

EXTRA MONEY FOR WINTER HEATING

The Government Winter Fuel Payment is payable to help older people keep warm in cold weather and is tax free. If you have received the payment before and your circumstances have not changed, you will automatically receive the payment. If your circumstances have changed, you want to apply for the first time or check if you are eligible, further details on the website www.direct.gov.uk.

RECIPE

Mincemeat cake

This cake will keep for several weeks

4oz butter, softened	12oz mincemeat
4oz soft brown sugar	7oz self-raising wholemeal flour
3 large eggs, beaten	Milk to mix

- Set oven to 325 degrees F or gas mark 3.
- Grease and line 8 inch round cake tin.
- Cream butter and sugar together until light and fluffy.
- Beat in eggs a little at time and stir in mincemeat.
- Fold in flour and mix well, adding milk to make dropping consistency.
- Put in tin and bake for 10 mins then lower heat to 300degrees F or mark 2 and bake for further 1¼ hours until cake is firm, shrinking slightly and a skewer comes out clean.
- Leave to cool in tin for 15 mins and then turn out on wire rack.

SUMMER QUIZ RESULTS

Thank you to all who submitted answers to the summer quiz and congratulations to Mary Hutchinson for correctly answering all the clues.

Garlic belongs to which flower family?	Liliaceae/Lily
Ansel Adams is a famous American who worked in what area of the arts?	Photography
"People's car" is the literal translation of what brand?	Volkswagon
Prince Edward and Lord Linley are what relationship to each other?	Cousins
Which drinks company uses a bat as its registered trade mark?	Bacardi
Whooper and Bewick are specifically both types of what animal?	Swan
The leader of an Orchestra plays which instrument?	Violin
The Head of the Herd was met by Nellie the Elephant on which road?	Mandalay
The Lotus is which country's national flower?	India
Which south coast English town was made a city as part of celebrations for the new millennium?	Brighton
On what would you use a Howdah to be seated on?	An elephant
In the nursery rhyme The Owl and the Pussycat, which kind of animal performed the wedding?	A Turkey
Who would have been known as the Biblical "Orpah" had the midwife not spelt the name wrongly on the birth certificate?	Oprah Winfrey
What is the Zodiac symbol for Gemini?	Twins
In 1778 which country introduced the first state controlled brothels?	France

USEFUL CONTACT NUMBERS

Huntingdonshire Society for the Blind 01480 453438
Monday to Friday 10am to 3pm

Sensory Services 0345 045 5221
Email:sensory.services@cambridgeshire.gov.uk
Open Monday to Saturday 8am to 8pm

Low Vision co-ordinator
Hinchingsbrooke Hospital 01480 416416
ext 8527
Addenbrookes 01223 216577

Blue Badge 0345 045 5204

Citizens Advice Bureau
Huntingdon 01480 388900
St Neots 01480 388905
Peterborough 01733 340028

Volunteer Bureau
Huntingdon 01480 414766
Monday to Thursday 10am to 12pm
St Neots 01480 476047
Monday to Thursday 11am to 1pm
St Ives 01480 301462
Monday to Thursday 12.30pm to 3pm
Ramsey 01487 814117
Monday to Thursday 10am to 12pm

Doorstep Library 01480 375023
Postal tape service 01480 372500
Calibre Audio Library 01296 432339
Camread 01223 424220

HSB 200+CLUB

This is a scheme to raise funds for Huntingdonshire Society for the Blind and for us to give all our supporters the chance to win money prizes every month.

For the annual subscription of £12 per share you will be entered in twelve monthly draws and grand draws twice a year. Last year we raised over £1200 for the society and gave equal amounts in prize money.

If you would like to join please complete the form below and enclose payment or come and visit us at the shop/office.

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Please complete and return to Huntingdonshire Society for the Blind at: 8, St Mary's Street, Huntingdon, Cambs PE29 3PE.

Name.....

Address.....

Postcode.....Tel No

In the event we are unable to contact you please give the name of a beneficiaryTel No.....

I wish to apply for.....shares, at £12 per year, in the 200+club

I enclose £.....cheque/cash, payable to Huntingdonshire Society for the Blind.

Signed.....Date.....

Office Use only

200+ Club number issued

Date of first draw

Date of reminder

CHRISTMAS QUIZ

Have fun with these TEN anagrams of Christmas carols and TEN seasonal questions. A prize is on offer for the quiz winner. Please return completed quiz sheets by **1 February 2012**.

1	GILDED RINGING HORN OH MY (5)	
2	YOU SO BURN A BIT SOW (6)	
3	BELITTLE HOT HOMETOWN ELF (5)	
4	NOT MERELY RUNTY DOGS EMERGE (5)	
5	GREEK TWINS EH (3)	
6	AGATHAS HERDING HER KNELLS	
7	ONLY ARCADIAN TOYS DIVE (5)	
8	SEE SNOWDOG LACKING (3)	
9	FEELS THORN WILT (3)	
10	A MEAN GRAY WAIN (4)	
11	Which country does "Silent night" originate?	
12	Name the four ghosts in the movie "A Christmas Carol"	
13	Instead of Christmas stockings what do Dutch children use?	
14	What were the first tree ornaments?	
15	Name the popular red Christmas flower.	
16	What fruit is used to make a traditional Christingle?	
17	Why do we shorten Christmas to Xmas?	
18	Which Royal couple started fashion for Christmas trees?	
19	"From now on all our troubles will be far away" is in which song?	
20	Who banned Christmas in England between 1647 and 1660?	

Name.....

Contact Number.....