

AGE Concern

AGE CONCERN INFO

Bargain Wills

Around 26 firms of local solicitors have agreed to reduce their will writing charges to £35+VAT for a single uncomplicated will – a huge reduction with no strings attached. The offer is available from September 1 to October 31. Last year hundreds of people took advantage of this superb, low cost deal and received invaluable advice and the necessary protection afforded by properly drawn up wills.

In spite of the clear benefits of making a will, it is still a known fact that most people have not done so. Perhaps you have, but it was so long ago that it is time to consider whether it needs revising. Don't miss this opportunity to put matters straight. Ring 0116 2992233

Housing and Council Tax Benefit claims : DWP initiative

The Department for Work and Pensions (DWP) is writing to 200,000 pensioners who receive Pension Credit to encourage them to check if they can also get help from Council Tax Benefit and/or Housing Benefit. People who receive these letters will be encouraged to contact their local council.

Pay Less Tax : Updated Guide

Age Concern and Help the Aged has published the 2008/09 update of its annual guide Pay Less Tax. It explains what types of income are tax free and covers taxes on income, capital gains, inheritances and Stamp Duty, as well as tax allowances.

Pay Less Tax 2009/10

Tel: 0870 442 2120 (Age Concern and Help the Aged books)

www.ageconcern.org.uk/bookshop

Should You Be Paying Tax on Your Savings?

Interest on bank and building society accounts is usually paid with 20 per cent tax already taken off, unless you are a non-taxpayer and have registered to receive the interest paid gross by completing form R85. The form can be obtained from your bank or building society. If you hold a joint account the other person must be a non taxpayer too, unless the bank or building society agrees to pay your half of the interest gross. The completed form R85 has to be returned to your bank or building society. You may be entitled to receive interest paid gross if your income is less than the amount shown below for your age group

The tax free limit for the year (age at April 5, 2009)

£6035 (under 65)
£9030 (65-74)

£9180 (75 or over)

If form R85 is appropriate you will need to complete a form for each bank and building society account that you hold

'Fit as a Fiddle' : New Web Pages

The Fit as a Fiddle programme, which champions physical activity and well-being for older people, supports over 100 projects, groups and activities. Dedicated web pages can be accessed on the Age Concern website, where users can find information about the programme, download resources and find a local project.

'Fit as a Fiddle' web pages

www.ageconcern.org.uk/fitasafiddle

Care Home Inspection : Analysis Report

The Relatives and Residents Association has published a report based on analysis of care home inspection reports, which concludes that there are wide variations in the way star ratings are awarded. The Association criticises examples of poor practice being tolerated and calls for the new regulation system to be more robust and reliable than the one it replaces.

Effect of Retirement Age on the Onset of Dementia : Research Findings

Research by the Institute of Psychiatry at King's College London has identified a potential link between a later retirement age and the delayed onset of dementia. Each extra year of work appeared to delay the onset of Alzheimer's disease for six weeks. The standard of education appears to have no impact.

Impact of Grandparenting : Research Report

The University of Hertfordshire and the Family Matters Institute have published the results of research into the views of children about grandparents and grandparenting. Case studies in the report look in greater detail at the role of grandparents following a breakdown in the relationship of the child's parents.

Do grandparents matter? The impact of grandparenting on the well-being of children.

www.familymatters.org.uk/index.php

UK Convention on Disability : UK Ratification

The UK has ratified the United Nations convention on the Rights of Persons with Disabilities, although it has maintained a number of reservations. The convention states that disabled people must be able to enjoy, on an equal basis, the same human rights as others.

Mobility Aids : Consumer Direct Warning

Consumer Direct has issued a warning about the sharp practices of some operators selling mobility aids, following a steep rise in complaints about these products. Many complaints related to defective products and customer service issues, while almost a quarter were about sales and business practices, including allegations of traders making misleading claims.

New laws that came into force in October 2008 give consumers seven days (in most cases) to cancel contracts entered into in the home.

Alcohol Intake Increasing Among the Over 60s

A recent research survey has found that 13% of over 60s are drinking more alcohol since giving up work.

Of these 13% almost one in five drink because they are depressed (paradoxically increased alcohol consumption in the way star ratings are awarded. The Association criticises examples of poor practice being tolerated and calls for the new regulation system to be more robust and reliable than the one it replaces.

A separate poll of more than 2000 adults found that one in ten of this group is concerned about the amount of alcohol drunk by a family member or a friend aged 60 or over. Previous studies have shown the number of older people taken to hospital as a result of alcohol consumption is on the rise.

The addiction charity, Foundation 66, which co-commissioned the report, said there was an epidemic of 'late onset' alcohol abuse. The charity chief has stated that because many older people don't fit the stereotypes people hold about alcohol abuse and because they often keep their drinking habits hidden, there just aren't enough services to offer them the help they need. She states that the problem will only get worse and without urgent intervention this will become a major issue, costing the NHS and indeed our society a great deal.

Speaking personally, when I worked as a psychiatric nurse and then as a social worker in the community, I found it amazing how much alcohol some people consume. When I was working on the admission ward of a psychiatric hospital we had one patient (a publican) who had been drinking up to 40 pints of beer a day. Another man, when getting up in the morning, had taken a bottle of gin or vodka into the bathroom and whilst there had drink the complete bottle – followed by two or three more bottles during the day!

From Jex Woods

Sewage escapes from drains

HUMAN WASTE was seen floating down School Lane following a heavy downpour in July, after a sewer pipe collapsed.

The pressure on the drains also saw a manhole cover in the carriageway lifted off by the force of the water, presenting a serious hazard to motorists.

School Lane residents and Birstall Parish Council have been pressing for the drainage system on School Lane to be improved.

A spokesman for Severn Trent told the Birstall Post: "Unfortunately part of the sewer pipe, at the junction of School Lane and Curzon Avenue, has collapsed and we carried out the necessary repairs on Wednesday July 22.

"We fully understand why customers should be upset if they suffer sewer flooding, which is unpleasant, disruptive and distressing. At this stage we are unsure if local sewer flooding in the area is as a direct result of the collapsed sewer or down to the recent extremely heavy rainfall. While carrying out the repairs we will also carry out investigations into why the sewer flooding happened.

"In the meantime, we are monitoring the sewer system and ask that our customers who are affected by sewer flooding report each incident to us so that we can promptly respond."

Severn Trent's 24 hour number for reporting flooding is 0800 783 4444.

Planning

7 Perseverance Road – detached external store
The Grange, 271 Birstall Road – removal of 4 conifer trees

4 Park Road – remove 1 young beech tree
525 Loughborough Road – erection of porch to front of dwelling

38 Walker Road – erection of single storey extension to rear of dwelling and demolition and rebuild of existing garage

473 Loughborough Road – erection of single and two storey extensions to rear, single storey extension to side and loft conversion to dwelling

16 Cliffwood Ave – erection of conservatory of dwelling

Raffle

THE WATERCOLOUR painting by John Redfern-Harris which was the raffle prize at the Birstall Arts Society stall at the Gala was won by Avril Holland of Birstall.

This was a most pleasing win as Avril was on the field from morning until night as a member of the St John's Ambulance team. Congratulations Avril.

From Mary Houghton, BADAS

HANNAH CLARKE FOR ALMSHOUSES

The charity have a vacancy of a one bedroom flat, well situated with an open outlook over the golf course, and is maintained to a high standard by the trustees.

The property is of a sheltered nature and is suitable for a lady of 60 years plus. It is situated in Park Road, Birstall.

Apply to the Secretary: Roger Gregory, 21 The Green, Long Whatton, Leicestershire LE12 5DA. Tel: 01509 843579

ELECTRICIAN
ALL TYPES OF DOMESTIC & INDUSTRIAL WORK

- Extra Points
- Alarms
- Rewiring
- Security Lighting
- Electrical Testing
- Part P Registered

Control Electrics Ltd
30 Fowke Street, Rothley, Leicester LE7 7PJ
Tel: 237 4233
FREE ESTIMATES

Avril Holland
Helping you to better health

natural therapies for:
hay fever allergies
skin conditions joint problems
backache ... and more

Call now to see how we can help you
0116 2673337
or email hollandacademy@aol.com
20 years in Birstall & Wanlip area

Walk to Holy Island

My Pilgrimage to Holy Island, Northumbria

This is the second of two articles on my recent sabbatical, in this case on my pilgrimage (from June 7-21) 'in the footsteps of the northern saints' to Holy Island. Earlier, in May, I spent a month on retreat at a monastery in West Yorkshire (see July Post).

For Christians, like other faiths, going on pilgrimage is a significant activity. For some it may be a regular event, for others a once in a lifetime journey. Whatever, there is a sense of journeying to sacred places, following God's call, in the hope of transformation. Many Bible characters journeyed as pilgrims, including Abraham & Moses and were led to greater heights of faith as a result. In the case of Jesus, his pilgrimage to Jerusalem led to what Christians believe to be the key act of salvation, his death & resurrection on Good Friday & Easter day.

In medieval times Christian pilgrimage was widespread. Since the Reformation it has not been so common in England; nevertheless there has been a resurgence in recent decades. Jerusalem, Rome,

Compostella & Walsingham are all classic centres of pilgrimage. Other significant centres are the Holy Islands of Iona in western Scotland and Lindisfarne in Northumbria, associated with the Celtic tradition of Christianity in ancient Britain. It was St Columba who journeyed from Ireland to Iona in 563, and later St Aidan who came from Iona to set up the monastery on Holy Island in 635,

following the invitation of St Oswald of Northumbria. These events set in train the conversion of northern Britain and a vibrant tradition of faith and culture. St Cuthbert's was Holy Island best loved saint. It is his life that inspired the 'St Cuthbert's Way', along which I walked.

I have always loved walking, but it felt particularly special to be walking as a pilgrim, from the Scottish border town of Melrose – where St Cuthbert's first enrolled as a monk in – to Holy Island, off the Northumbrian coast.

The route follows some spectacular landscapes, including the Eildon and Cheviot Hills, the towns of Jedburgh and Wooler, and parts of the river Tweed and Deer Street Roman road. Travelling alone, I was struck by the beauty of creation and the reality of God's presence with me. I also appreciated the kindness of strangers and other pilgrims, some of whom were enjoying a healthy retirement challenge!

My time on Holy Island (Lindisfarne) itself was marvellous – seeing the historic sites, including the beautiful ruined priory, enjoying the beauty of the sea birds, and worshipping at the parish church. After Holy Island, I visited Bamburgh, site of an impressive Castle and seat of the ancient Northumbrian Kings', the Farne Isles (rich in bird life and place of St Cuthbert's hermitage, before he became Bishop of Lindisfarne in 685), Heavenfield, site of the Oswald's victorious battle; and a Franciscan Friary at Alnmouth, near Alnwick.

The experience of my pilgrimage to Holy Island & beyond was exciting, challenging and deeply refreshing. If you would like to know more, and see some slides, you are warmly invited to a presentation at St James' Church, Birstall on 23rd September at 7.30pm.

From Revd James Shakespeare



Pic: Revd James Shakespeare

Swine flu at college

A MEMBER of staff at Longslade College has been diagnosed with swine flu.

It is the first confirmed case at the Stonehill/Longslade campus. Parents were informed by Stonehill headteacher Alan Monks via the school newsletter on July 10.



Permahomes Building Contractors
Reliable Quality Building Service

- Kitchens
- Bathrooms
- Landscaping
- Decking
- Alterations
- Joinery
- Extensions

Call Craig for FREE Estimates & Advice on
0116 230 2919
07872 301 482
www.permahomes.co.uk
email: info@permahomes.co.uk
22a Greenway Close, Rothley, LE7 7PL

Abbeyfield UK Birstall & Wanlip
Offer supported Sheltered Accommodation to older people, who no longer wish to live alone.

If you are thinking about moving, & would like to know more about Abbeyfield & what we offer, then contact the House Managers Jenny or Nic on 0116 2674460 or email j.morris@abbeyfield.com

VACANCIES CURRENTLY AVAILABLE

Coffee Morning: 2nd Tuesday of every month, 10.30am

Abbeyfield 33-35 Church Hill, Birstall
Where older people find care in housing

ANSTEY BUILDING SUPPLIES
TOOL & HIRE

Opening times:
Mon-Fri: 7.30am to 5pm
Sat: 7.30am to 12.30pm

Slabs, Bricks, Aggregates, Cement, Sand, Washed Pebbles, Block Pavers, Fencing, etc

- FREE Professional Advice on any aspect of Building or Diy •
- Fast, Reliable Delivery & Collection Service •

20% DISCOUNT on Hire Tools when Delivered with Purchased Materials from this Yard

Extensions • Design & Build Service
Free Plans • Free Estimates • Contact: Neil Spinks
FIND US AT THE REAR OF POTTERS CARPETS, 1B CROFTON RD, ANSTEY, LEICESTER LE7 7BP
0116 234 1196 • 07711 477803

R.W.S. Plumbing & Heating
All Domestic Plumbing
Bathrooms, Kitchens, Floor & Wall tiling, Gas Appliances, Central Heating Fitted
ALL WORK GUARANTEED
Local Business • Call Rob Scott:
Tel: 0116 2209311
Mob: 0796 7695631
CE REGS Registered No. 199600

ALAN CHAMBERS
PAINTER & DECORATOR
24 Years Experience
Free Quotes & Advice
Tel: 0116 2941336
Mob: 07989 451048
39 Copeland Rd, Birstall