



LINK-UP

WINTER 2002

LINK-UP is published
Quarterly and
distributed free of
charge to members
and professionals who
work with them

AS SEEN ON TV *by Huw Griffith*

LAST March, whilst browsing the BBC website, I saw an advert for teams to take part in the second series of 'History Hunters'. This is a two-day treasure hunt around five clues, all with a common theme. I contacted my best mate Hywel who, like me, had been a pupil at Ysgol Gogarth in Llandudno. We decided it was high time that a team with wheelchair users should take part, so we sent an email. A reply duly arrived inviting us to audition. We were asked why we wanted to take part and what we felt we could and couldn't cope with. Although we felt the audition had gone well, we weren't sure the TV company were convinced. Thankfully our fears were unfounded and we were asked to be ready to film in July. When the day dawned, Hywel and I met another friend, Davina, to await our transport. To our horror, a Toyota Landcruiser arrived for us and we then had to work out how we would get into it.



Davina, Hywel, Frances Donovan & Huw on location

Thankfully, Hywel was able to launch himself into the front whilst I managed to sit on a footplate and clamber into the back.

Part of the fun of the show is the fact that the teams have no idea where they are going and I can guarantee that this is certainly the case. We travelled south until we hit the M4 outside Newport, where we were asked by our driver, Clive, to look-out for a place called 'Hill Town'. To our amazement, we pulled up outside the 'Hilton' in Newport where we were to spend the night.

That evening we were taken into

Cardiff for a meal. It was then that we found that I had left 'the bottles' in my car and needed to find replacements with some urgency. Clive suggested that the nearby University Hospital would be sure to help, so we parked the van outside and asked a nervous Davina to go in and ask. She was told that the building was for clinics only and wouldn't re-open until next day. Having explained our predicament, she was dispatched to the Heath hospital nearby, from which she emerged with a black bag-full - having explained that they were for the BBC!!! For two days thereafter, we asked for a present from the Heath whenever we felt a call of nature.

The next morning, we were taken to the first location in the village of Christchurch to meet the presenter, Fran Donovan, and the film crew. I won't tell you where we went during filming but can give you a few snippets.

The Director decided that he wanted some of the filming to be done from a wheelchair users perspective. This he did by placing the cameraman in a spare chair. It caused him huge embarrassment though, as when he stood up to get out of the chair Hywel and I shouted 'it's a miracle'.

The second day went much like the first, with filming at a number of locations. It was then time to say our fond farewells to TV stardom and travel back home, having made some friends along the way. Fran Donovan is just as she is on the sports news, friendly and easygoing. John Davies, the historian, is a real character.

Filming the programme was an amazing experience and one I would recommend to anyone. The producer has told us she would have no worries about another team of wheelchair users taking part in the show. Why don't some ASBAH members give it a try? *Huw is a NWASBAH member living in Rhos-on-Sea. The new series of 'History Hunters' starts soon*

HAPPY NEW YEAR

HELP FROM AN UNEXPECTED QUARTER

We should all expect value for money but regrettably it's not always what we get. Ever been disappointed to find that your new purchase is broken or will not do the job it claims it will and then to make matters worse, the retailer refuses to entertain your complaint? If so, you need to speak to the Consumer Advice Service at the Trading Standards Office.

They offer a comprehensive Consumer Advice Service to help with complaints about faulty goods or substandard services. They will happily advise you of your legal rights and offer suggestions as to how to bring your complaint to a happy and amicable end. Over 80% of people who have contacted them in the past feel that the advice given has been of help with their complaint.

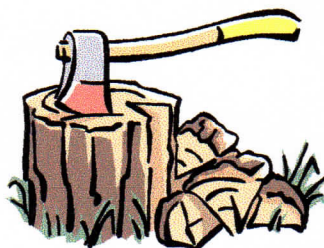
However, even with the best advice, a happy solution may still elude you. If so, don't despair - The Consumer Advice Service can take the matter up on your behalf..

The service is **FREE** and open to all enquiries. **No charges, no fees - just help.**

Call them: Anglesey 01248 752840
Conwy 01492 575214
Denbighshire 01824 706057
Flintshire 01352 703181
Gwynedd 01286 682605/682606
(Caernarfon)
01341 424434
(Dolgellau)
Wrexham 01978 296060

CHARITY OF THE YEAR

OUR thanks go to the Woodturners Association of



Gwynedd who adopted North Wales ASBAH as the beneficiary of their fundraising in 2002.

Huw Griffith attended a Presentation Evening in Bangor on 3rd December and received £648.65 and some donated pieces of their work for future sale.

TAKING THE WATERS

Newspaper and magazine articles are constantly telling us to drink more water. Why? Quite simply, because we lose between one and two litres of water every day and this needs to be replaced if we are to stay healthy.

If you suffer from any of the symptoms below, it may be that you are not drinking enough water to replace what you lose daily:

- ❖ Headaches
- ❖ Dark yellow urine
- ❖ Anxiety
- ❖ Pale skin
- ❖ Light headed feeling
- ❖ Furry tongue
- ❖ Bad breath
- ❖ Constipation
- ❖ Lethargy



Drinking water, unsweetened fruit juice, orange squash or herbal teas will all help to replace the water you lose. However, drinks containing caffeine, such as tea, coffee and cola do not count, as the caffeine has a dehydrating effect.

Eating water-rich foods, such as tomatoes, lettuce, courgettes, melons, peaches, oranges, apples, cabbage and carrot, will also help.



WHEELCHAIR CURLING

WHEELCHAIR curling sessions at Deeside Ice Rink started on Monday 9th September, running from 5-7pm.

For more information contact Deeside Ice Rink 01244 812311 or Sian Roberts, Disability Sports Co-ordinator 01352 702480.



PRESCRIPTION CHARGES

People who have a physical disability, which prevents them from leaving home without the help of another person, can be exempted from prescription charges irrespective of their means. You can get an exemption certificate by claiming on form FP92A available from a hospital, chemist or GP surgery.

BENEFITS CHANGES

DUE to changes in Incapacity Benefit, many readers will find that they no longer qualify for Income Support. The result is that many of the add-on benefits, such as free prescriptions and assistance with hospital travel expenses, will now not be available. Leaflet HC11 'Help with Health Costs' details what help is available. You can pick one up at main Post Offices, some pharmacies and GP surgeries. It is also online at www.doh.gov.uk/nhscharges/hc11.htm.

PRESCRIPTIONS

People with a specified medical condition can get free NHS prescriptions. These include epilepsy, caecostomy, colostomy or ileostomy patients and those who need help to go out. In all cases you must have a continuing condition.

If you qualify, you must obtain form FP92A from your GP, hospital or Health Authority to enable an exemption certificate to be obtained. If you have to pay for a prescription before your exemption certificate arrives, ask the pharmacist for form FP57 to enable a refund to be claimed.

SIGHT TESTS and help with the cost of glasses or contact lenses may also be available under this scheme

FREE DENTAL TREATMENT is available through the Community Dental Service for people who have a disability and have difficulty in obtaining dental treatment.



FURTHER changes to benefits were introduced in October.

Carers aged 65 or over are now able to claim Invalid Care Allowance (ICA) for the first time. People who do not qualify for a retirement pension, or only have a reduced pension, are able to receive the benefit, increasing their income by up to £42.25 a week.

People who receive a retirement pension that is paid at a higher level than the current rate of ICA will not receive any extra money, as the ICA overlaps with retirement pension. However, older carers in this position can establish **underlying entitlement** to ICA which will result in the inclusion of the carer premium (currently £24.80) in the calculation of any means-tested benefits they may be entitled to (Housing Benefit, Council Tax Benefit etc)

Please note: Claiming ICA may affect the benefits paid to the person being cared for. Seek advice first.

Bereaved carers. ICA is now payable for 8 weeks after the person being cared for dies.

Ceasing caring. Before October, carers who were awarded ICA before the age of 65 and ceased caring after the age of 65 were able to continue to receive ICA for life. This concession has been abolished.

Dependent child allowance for Income Support, Housing Benefit, Council Tax Benefit and income based Job Seekers Allowance has been increased by £3.50

Minimum wage rose to £4.20 an hour for workers aged 22 and over, £3.60 an hour for those aged 18 to 21.

N.W.A.S.B.A.H. MANAGEMENT COMMITTEE

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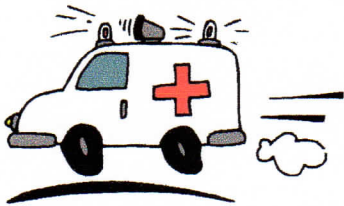
Registered charity no. 257828

GOING TO HOSPITAL?

YOU qualify for ambulance transport when attending hospital and clinics for routine appointments if:

- your doctor has requested it due to your medical condition
- you need a stretcher to attend hospital
- you are unable to walk unaided or without the assistance of ambulance personnel
- you are unable to get home unaided following hospital treatment

A relative or friend will be able to accompany you if you require constant care throughout the journey and whilst attending for treatment.



Patients **hospital travel costs** are met if you are in receipt of:

- income support benefit
- working families tax credit
- disabled persons tax credit or a dependant in the family is receiving income based job seekers allowance.

Further advice is given in form **HC1** that is obtainable from your Hospital General Office. In some cases, North Wales ASBAH may be able to help. This will be at the recommendation of your Adviser and after all other sources of help have been sort.

FREE INTERNET & COMPUTER USE



ALL libraries in North Wales now offer free Internet access and computer use through a Lottery funded project called 'The People's Network'.

If you would like to make use of this free service, either ring or call in to your local library and the staff will be able to assist you.

BOOTS

Boots the Chemist's web site www.boots.co.uk gives advice on health and fitness and enables you to order products online.

HELP WITH HEATING & INSULATION

THE Home Energy Efficiency Scheme for Wales (HEES) can provide grants of up to £2,700 to make homes warmer, more energy efficient and more secure.

Householders on low income with a child under 16 can claim grants for up to £1,500 for the following:

Insulation: loft insulation, draft proofing, cavity-wall insulation and hot-water-tank insulation.

Heating systems: gas room heaters, electric storage heaters, converting open fires to glass-fronted fires

Energy measures: energy advice and low-energy light bulbs

Householders aged 60 or over and lone parents with a child under 16 on means-tested benefits,

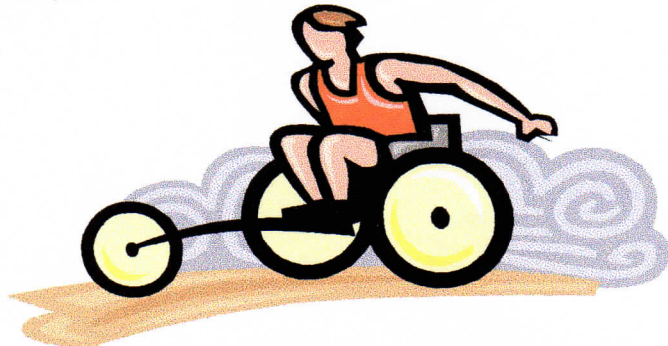


householders who are sick or disabled who receive disability benefits or means-tested benefits which include disability premiums may also qualify for a grant for gas or electric central heating and free locks.

For more info phone the HEES free phone on 0800 316 2815

CONGRATULATIONS

JASON ROBERTS from Prestatyn who raised £102 in sponsorship money by pushing himself from Barkby Beach, Prestatyn to Pensarn and **ALL THE WAY BACK!**



100 CLUB WINNERS

Oct & Nov

1st: J & C. Manual, M. Mason

2nd: M. Morris, A. Pollard

3rd: E. Seddon A. Hughes

JOIN US! Contact the Office

