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“Bathing and showering in safety is a real concern,” Says the UK’s leading bathing solutions company

Remaining independent is essential to us all, but for many people, the simple daily routine of bathing and showering can become a real challenge. Not only that, but something most people take for granted can become dangerous for those with limited mobility.

Shower and bath safety is a real concern for older adults. As many as one-third of people aged 65 and over have difficulty getting in or out of their bath or shower.

Maintaining a safe home environment is essential.

The risk of falling increases as you get older. Ageing often leads to a reduction in strength, balance, vision and agility, all of which can also be worsened by medication. Falls are a major health problem for people aged over 65, with an estimated 30% of people in this age

group falling each year. With many falls taking place in the bathroom, it is important to take steps to help prevent bathing problems before they occur.

Many problems are caused by people relying on unsuitable things in the bathroom for support, for example towel rails or shower doors that are not designed to take a person’s weight.

Help is at hand

Sometimes, it may be that a simple solution is all that is needed to improve safety in the home, for example installing grab bars or using a specially designed inflatable cushion to get in and out of the bath.

Fortunately there are a number of products available that allow you to create a safe bathing environment and that provide marvellous solutions to bathing difficulties, from a wide selection of walk in baths to suit any bathroom, walk in sit down showers with easy clean

finishes, to their range of portable seats to use with your existing bath.

“Being able to enjoy a good soak in a lovely hot bath again safely and easily would be an absolute joy”

Nationwide Mobility are one of the UK’s leading bathing solutions companies. Their walk-in baths, showers and bathing aids have been changing the lives of their customers for over 15 years. The majority of solutions can be fitted seamlessly within just one day, meaning minimal mess and no fuss. With a range of products that is constantly updated and improved, and a team of experts on hand to discuss individual needs and requirements, Nationwide Mobility can deliver the perfect solution for any bathroom.



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*Based on a straightforward fitting

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CHAS’S ROCK’N’ ROLL ALLOTMENT



Picture: LUKE SANTILLI

THINK the beer tubs have done the trick! “Into each tub each day I peer to see clear beer. No slugs appear”. Could be the start of a song I suppose. Hang on. I am definitely getting influenced by Rupert at the bottom of the page... I’ve got it!

*Into each tub each day I peer,
To see clear beer, no slugs appear.
Could it be the beery froth,
Has done its job and bumped ‘em off?*

Could be the start of a great Rupert Bear story. Think of the artwork: giant slugs! I do think I’ve done it though. Like Lord Nelson might have said: “I see no slugs.” But I will continue topping up the tubs.

Sit down on your allotment and you can bet some oaf will shout: “That won’t get the baby barfed.”

‘You must look and take in what you have done’

or some other dumb, similar heckle. But they know not what they say. It is very important to take time out to sit and stare at your allotment. Little and often, but let it be often. You must look and take in what you’ve done. Be pleased and feel good about something you have only just tried this season but has proved to be a winner.

In general for me it has been Salad Bowl lettuce. I’m still dragging bunches of it from the initial row I planted back in early spring. Tastes great and takes a while to go to seed. In fact it looks like it’s only just about to do that but I have a half row looking sturdy and ready to take over the relay. Also you take in what ain’t been so good and how to improve on that for next season. Or blow it out altogether if it is too much bother and gets on your wick.

Cabbages are like that to me this year. Everything seems to want to have a go at them: caterpillars, whitefly, mildew. I’ll

grow more spinach instead next year. But spinach beet, not summer spinach. Summer spinach goes to seed too quick.

Might try a late crop of peas this year. Could be a bit late but I’ll give it a go.

You do need a lot of peas to keep up with the family dinners but to be honest I grow them just to pick and eat raw. Like to see the kids do this, too. Peas produce a lot of waste in the form of pea pods so actually mange tout (eat all) peas are good to grow where pods are eaten as well, making it a more sensible crop if you want ‘em mainly for the dinner plate.

My mum Daisy played the piano and loved gardening. She had an allotment for a while too. Alfie used to do all the digging for

her. Mum had that soft spot in her that could not resist taking in strays and looking after them. Alfie more or less fitted into that category. He’d sing up the pub on a Saturday night with Mum on the piano.

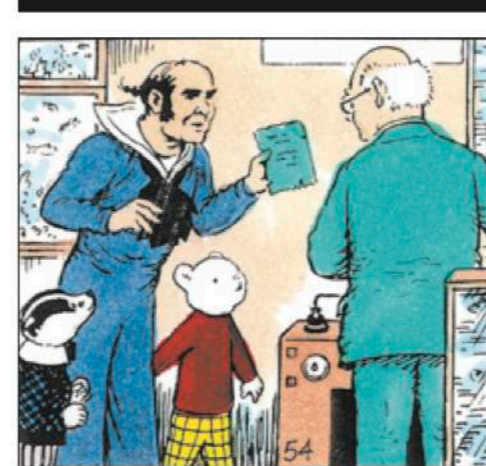
Alfie had his own version of popular lyrics which sometimes almost seemed to make more sense than the real ones:

*“Be sure it’s true, when you say,
I love you.
It’s a sin, to tell, a lie.
Millions of arms have been broken,
Just because these words were spoken.”*

Once when Mum stayed round my place for a couple of days she left Alfie to look after her little

dog Tina. “What shall I feed her, Dais?” said Alfie. “Oh, just give her some of what you have,” said mum. When she got back, Mum asked how Tina was. “She’s fine Dais. This morning I done her boiled egg and soldiers.”

● *Chas & Dave’s autobiography All About Us by Chas Hodges is published by John Blake (£7.99). Forthcoming Chas & Dave gigs: August 15, Shanklin Theatre, Isle of Wight, 01983 868000; August 23, Princess Theatre, Clacton, 0333 272 4106; September 6, Orchard Theatre, Dartford, 01322 220000. An Audience with Chas Hodges (hosted by Goodmaze and Shed), come along and ask some questions, October 26 at The Corringham Hall, Corringham, Essex (0844 561 7107).*



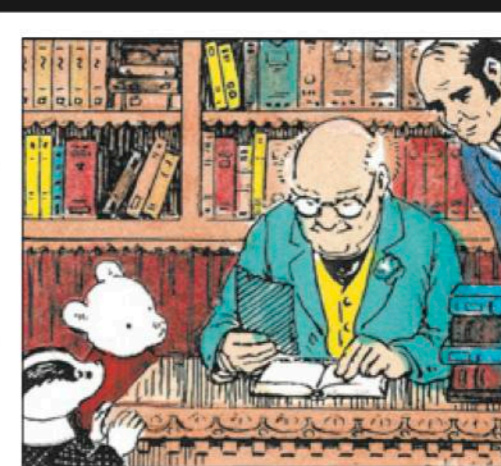
Now, telling all that has occurred, Sam sighs, “I can’t translate one word.”

Rupert

And The Blue Star EPISODE 54

It is the precious faded paper that was the cause of the whole adventure, and now he tells the Professor of the escape they have had.

“H’m, it must be more than usually important,” says the old gentleman. “Let’s see, what is it written in? It’s no language that I know. I do believe that it’s old Sea-Dog Spanish. We must look into this.” Going into his library he takes down a small volume and studies the wording on the faded paper carefully. Gradually his face shows a satisfied smile.



“It’s Sea-Dog Spanish! We must look in this old Spanish language book.”

To order the **Rupert Annual for 2015** No. 79 (out now) at £7.99 with free UK delivery, please call **0871 988 8370** or send a cheque/PO to The Official Classic Rupert Bear Shop, PO Box 200, Falmouth TR11 4WJ; or order it online at classicroperbearshop.com. UK delivery is free.



Did you know? by Mitchell Symons

TODAY IS THE 125th ANNIVERSARY OF THE BIRTH OF CHARLES DARROW, THE MAN CREDITED WITH CREATING MONOPOLY, SO HERE ARE SOME FASCINATING FACTS ABOUT IT...

- Throughout the world, more Monopoly money is printed in a year than real money.
- **The original game, based in Atlantic City, New Jersey, was released in 1935.**
- The name of the character who is behind bars is Jake the Jailbird.
- **The most money you can lose in one turn is £5,070.**
- The most money you can lose in one travel around the board (normal game rules, going to jail only once) is £26,040.
- **A Community Chest is, or, rather was, a group of American charities joined together for fundraising and logistical purposes. Nowadays, it is known as the United Way.**
- Trafalgar Square is the square most often landed upon, followed by Go and Marylebone Station.
- **Nowadays almost every UK town and city (and plenty of football clubs) has their own edition and you can have one created for someone (as I did for my wife) with all the squares dedicated to important places in that person’s life.**
- During the Second World War, British Secret Intelligence had Waddingtons (UK manufacturer of the game) create a special POW edition in which were concealed maps, compasses and real money.

THIS WEEK’S PONDERABLES...

- When they began picking up unidentified radio waves, scientists at Australia’s Parkes Observatory thought they had positive proof of alien life until, after investigation, the emissions were traced to a microwave oven in the building.
- **During the Siege of Florence (1529-30), the man in charge of the city’s fortification was the artist Michelangelo.**
- The red mullet turns red only after it dies.
- **New York has a museum devoted to Jell-O.**
- Men with deep voices have more children than men with higher voices.

THIS WEEK’S IMPONDERABLE...

Charles Darrow was credited with inventing Monopoly (see above)... but did he? Although Charles Darrow has always been credited with creating Monopoly, the truth is more complex. In 1903, American Elizabeth Magie created the Landlord’s Game through which she hoped to explain the single tax system. The game of Monopoly, as eventually bought by Parker Brothers (who initially rejected it claiming it had some “fundamental errors”), was co-created by several people (especially a man named Charles Todd) who were influenced by Ms Magie’s game and another game called The Fascinating Game Of Finance. Darrow was only one of many players of what was clearly and recognisably the game of Monopoly that he would later patent as his invention. However he added some design features (like commissioning the player pieces and colouring in the property groups) and took it to Parker Brothers. They used him and his history as a down-at-heel former domestic heater salesman trying to survive the Depression, as part of the game’s story or, as you might say, mythology.

WISE WORDS...
Knowing what’s right doesn’t mean much unless you do what’s right. (Theodore Roosevelt)
Happiness is always a by-product. (Robertson Davies)
When inspiration does not come to me, I go halfway to meet it. (Sigmund Freud)

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