



# POST POLIO MATTERS

Polio Survivors Network Newsletter  
MAY 2020 Volume 10, Issue 1 of 12 [109]

## DUE TO THE CURRENT SITUATION

**Newsletters will now be less pages and EVERY MONTH**

### POLIO SURVIVORS NETWORK



**YOUR HINTS, TIPS, BITS  
AMUSING STORIES  
EASY RECIPES and MORE**

Lincoln Cathedral lit blue to support  
the NHS taken by Our Carer Helen D.



Lincolnshire Post-  
Polio Library  
100+ articles

Polio Survivors Network is the working name of  
Registered Charity 1064177, The Lincolnshire Post-Polio Network

### These are trying and difficult times for all of us.

Time to stop being the I can do it, I can manage Polio Survivor. If you need to talk to someone to let off steam, chew the fat, then so do we all, even me. Ten minutes chat can make a huge difference.

We have tried in the past to start a Phone/Text/Email friending service but not enough people responded. Many of us use Facebook to be in contact with many different Post-polio groups around the world. Someone is always awake and ready to reply. If you cannot or do not want to use Facebook then let us know how we might help you.

### LAUGHTER IS THE BEST MEDICINE

but so is smiling at an amusing picture, reading an inspiring story from your childhood polio or since then. Do you have a special photo to share?

Maybe you have an easy to make tasty recipe. How about gluten free or with an alternative flour? A knitting or crochet pattern for a small doll or keepsake. Just remembered when I ran some craft classes for the disabled we used to put all sorts of things in those three part cards. Small cross stitch, piece of tapestry, knitted or crocheted fun character for a child, a flower or Xmas ornament. I used to make small tapestry samples from larger pictures for some of my ladies to copy. How about a garden ornament to make out of plastic packaging, page 6

What good films have you watched lately that others might enjoy. We often scroll down a list of movies but find it hard to choose something good from the title and short comment.

**Please help me fill the pages!**

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**NB This issue printed by Hilary, our printers hope to be working again for next issue.**

Editorial by Hilary Boone.

From now on a change to monthly newsletters with less pages. A few members suggested a happy newsletter full of hints, tips, stories and photos, funny comments made to you by any professional,... if it made you smile then please send in. Nearly all polio survivors I have met have had a very wicked sense of humour and at PPS conferences I have met hundreds.

So guys and gals between us we know and have had/have a variety of professional qualifications, employments, hobbies and experiences of life. We also see health and therapy professionals, have families and friends. Look through this issue and if you have anything that you could send us then please do. We now have an online and at home box file ready for your items. Remember nothing is irrelevant if it means something to you, then there will always be someone else who will benefit from reading it, even if it is only a one liner. You will find bits from Simon, Hilary, Zsuzsi, Verite, Val who makes the lovely photo cards for us and Toni.

I am going to kick this off with introducing you to... "My name is Debbie Ison and I am a Therapist. I run a Therapy practice in Lincoln in the United Kingdom called Tranquil Awakenings. I am both a Therapist and a Therapy trainer in a number of different therapies. That includes hypnotherapy, neurolinguistic programming, Reiki, mindfulness and meditation as well as a selection of other therapeutic interventions. I have been invited on here today to give you some assistance, so what I am going to do is to produce a series of short videos that give you some different examples of therapeutic interventions that you can use to assist yourself with the day to day challenges of this ongoing situation. You can also use these to help release any traumas of your past that come to mind that you are still holding on to. I hope you find these videos practical and useful. Give the different strategies a go and you may find that some of these techniques are more useful than others, but I hope you find one that is more successful for you. The first video is on EFT - Emotional Freedom Technique. A tapping based therapy. There are lots of variations out there but what I am going to show you is based on the training I have had in the past. Based on a gentleman called Gary Craig who created this. For more information checkout his free website [www.emofree.com](http://www.emofree.com)

If you do not have access to the Internet and would like more information then get someone to get in touch with us and we will put our thinking caps on.

## Polio Survivors Network Updates

We hope you are bearing up as we enter our sixth week of lockdown in the UK and as we all continue to adjust and adapt to the changes in our daily routines. I thought it is a good time to update you on some of the decisions we have made but I also want to thank you for supporting Polio Survivors Network with your donations, feedback, time and input to our charity – it is much appreciated.

Due to the current pandemic situation we have taken the decision to cancel our Annual General Meeting (AGM) which we were hoping to hold in June 2020. We know that many of you will be disappointed as they are very enjoyable opportunities to catch up with one another and to reflect on what Polio Survivors Network has achieved and sets out to achieve. We hope that we can review the situation in the not too distant future to look at any plans for later in the year. To fulfil our obligation to the charity commission we must provide an annual report for 2019 and of course we want to share this with you, so we plan to provide a copy along with an upcoming newsletter.

If you have been on our website recently you will notice that on the homepage there are new links to helpful articles and advice related to polio survivors that are useful when talking with health professionals. You may recognise a couple of these from the enclosures with the last newsletter sent out. Remember that many health professionals know very little about polio so it can be very useful to take along a respected article that they can refer to.

Watching the news each day can be tough so we hope that this brief newsletter provides some welcome relief and distraction. Keep safe.

**Simon Parritt**, *C.Psychol, AFBPsS, MSc, BSc(Hon), BA, CPsSC, MBACP*

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### Hilary writes...

What we have to think about now is our health and that we do not do anything that means extra work for others or a possible unnecessary early deterioration in how we manage. At this time of self isolation and assessments for support not happening if you live alone and do not have any care coming in at least think about approaching your powers that be to get on the list for an assessment when they are able to start again. It is not giving in, although it can seem like it, it is thinking ahead how to manage and enjoy your life to the very best possible. Many Polio Survivors will confirm they delayed asking but once started using aids and equipment and/or having care come in the most used phrase is 'if only I had started this earlier'.

I am/was an Advanced Swimming and Life-saving Teacher and with preliminary Tutor for the Disabled working many hours a week till my PPS kicked in. I also did a variety of sports and hobbies that did not involve running because if I bent my left knee more than a few inches my legs would collapse. I evolved ways of doing actions differently and still do.

**My First Tip is regarding stretching in warm water.** We are lucky we have a hot tub as we cannot use our bath because we cannot get in and out without using a bath lift so we have that wasted four inches of water underneath the seat! .

1. Think about how much energy you have used already that day and have to use to get to the next one. Do you have enough spare? Warm water will help relax your tight muscles. If you have enough depth of water to do simple stretches and repeat them a few times resting in between try them. Breathing deeper is much easier. Our hot tub is a Zen Sanctuary chosen as it has integral steps out and in, and room to lie out flat for two, seated for 5.
2. BUT [oh there is always a but] remember Safety First. Can you, with help, get in and out safely and is there someone who can be in the home/garden with you who could help you if you get yourself in a pickle.

**My Second Tip is trying to make sure you do not topple over** - triggered by my hoovering biscuit crumbs up - not mine, Richard's ☺ - and there was one piece that would not be sucked up so I started to bend down to try scratch it loose. This triggered me to stop and think as I have to do this straight legged and therefore a large portion of my body is in front of me and could topple me. I can no longer get off the floor easily. Apart from putting my left hand on my knee to ensure it does not collapse is there anything else I can do. Yes I got the loft lid pole off its clip on the wall and used that to scratch at it then hoovered it up.



If something happens and you have to change the way you do the action stop and think “can I leave doing it till later?” is there someone else or something else that I can use.

I just had a giggle to myself a few nights ago the cat brought a mouse in for the second time in 2 days left this one dead on the carpet in the middle of the hallway. No, I did not leave it, I used my walker and holding on very carefully bent down and using kitchen roll picked it up and got rid of it. We still have not found the first one and hope he ate it.

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**Zsuzsi Snarey, BSc Chem. MBChA MSSCh MA (Hons) Trustee writes as a Chiropodist...**

**Getting into a daily routine - Follow these tips for good foot health [[Photos back page](#)]**

- Wash your feet carefully every day in warm soapy water (don't soak them, as this might destroy the natural oils) and dry thoroughly, especially between the toes.
- If your skin is dry, apply moisturising cream all over the foot, except between the toes.
- Lightly apply a foot powder.
- Remove hard skin gently with a pumice stone, but not if it is over a bony area or joint.
- Trim your toe nails regularly, using proper nail clippers. Cut straight across, not too short, and not down at the corners as this can lead to in-growing nails. Use a foot file.
- Keep feet warm, and exercise to improve circulation.
- Always wear the right shoe for the job. Do not walk barefoot or in socks in the garden.
- Seek prompt treatment for burns, cuts and breaks in the skin, and for any usual changes in colour or temperature. This is particularly important if you have diabetes.

If your feet hurt, something is wrong! You might need to contact your GP or a registered Chiropodist for advice even in these locked-in times.

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**Verité Reilly-Collins - PSN Trustee + Owner of [aftercancers.com](#) - April 26th**

Silly me – it's taken me weeks to realise self-isolation means others protecting me. And I thought it was to keep me away from infecting them! One always thinks one is invincible, but I have to realise at 81 with umpteen conditions, I must protect myself.

It has been a series of shocks; some good and some bad. First has been the wonderful volunteering spirit that has overwhelmed me; my fridge is bursting with goodies that people leave on my doorstep. On the other hand, I never want to see any of the three monkeys rolled out again for the daily Downing Street briefing on TV. What is the point, when they are incapable of giving straight answers to questions? I've taken to listening to Nicola Sturgeon: at least she gives straight answers.

Boris' letter arrived at last, and whoever wrote it for him has no grasp of what was needed. It went straight into the waste paper basket. A day later a similar letter arrived from my Bank Manager; boy - what a difference; I've suggested the Bank take over as Cabinet speech writers. Full of sensible advice, he took us through the Bank's 328 years of operation, reminded us of previous crises and how we all came through. Then ended with a charming, but funny story to lift our spirits.

It has been lovely finding Mark, a marvellous local grower who delivers a £10 box crammed with fruit and veg every Friday; no more foreign produce. And Steve the Butcher who supplies 'old-fashioned' ham, 'French cut' lamb cutlets and home-made sausages. I ordered 3 months of essential chocolate supplies from the manufacturer, at wholesale prices – and laundry liquid by the gallon is miles cheaper. Now, I'll be able to do without a Supermarket shop – and save money. In future, I am determined to support local suppliers who have bent over backwards to help – not those firms who let their shelves be swept clean, knowing this would make them a profit.

[**Editor** - In Lincolnshire lots of farms, restaurants, cafes etc offering new ways of purchasing.]

**Verité TIP - To stop touching your face hold a glass of GIN in each hand! ☺**

## NHS staff? By Veritée Reilly-Collins

Surely we must ensure after lockdown, that those on the front line in the current crisis get a well-deserved pay increase.

And I don't mean the Administrators, or hospital CEOs on their six-figure salaries.

Come to think of it, I didn't see one photo of a hospital CEO battling on the front line. The ones I know fight tooth and nail to be in the front of the photograph whenever a Celeb or Royal comes into view; they are past-masters at smooching the press. As a medical journalist, I've fallen over enough of them getting in the way whenever something newsworthy was happening.

But suddenly, they were nowhere to be seen. This time it was the poor, tired staff at the end of their 12-hour shift on Covid-full wards, brave enough to be photographed with the marks of exhaustion clearly visible on their faces. Boris even admits he had reason to be grateful to a doctor from the Lane Fox Unit.

### In future

For some time past the NHS has pleaded poverty and awarded pay increases to most staff that was under the rate of inflation. And as for Care Home Staff, etc. they were at the bottom of the list when it came to handing out pay awards.

But one thing was noticeable, from a Patient's viewpoint, was the ease with which one was handled during the crisis. When it came to it, hospital staff gave me excellent care. Telephone 'appointments' worked extremely well, and when it was felt that I needed to see someone face-to-face, Outpatients worked like a dream - no dreary waits for hours

The threat of coronavirus kept time-wasters well away, but - thinking about the future, any Administrator worried about 'targets', throughput, etc., the figures treated must have been worryingly low.

You can just see it: next year, when budgets are being prepared, instead of allowing a certain number of unoccupied beds for crises, etc., you can imagine their thinking that if they were down in numbers, they can cut the number of beds ..... Let's hope this time there will be an outcry, and a demand to copy European hospitals who do have unoccupied beds available for crises situations.

### Rationing

Administrators love to boast the NHS provides healthcare 'free at the point of use'. But this comes with rationing. To provide treatment for all means we can wait for hours in A & E, weeks to see our GP and months for an operation.

Here in Oxfordshire, my Consultant admits polio care is way down on the priority list, with hydrotherapy only 'allowed' for a pathetic number of sessions.

Contrast that with what happens in Europe: generally the system works faster and better, with the population overall paying slightly more in taxes/insurance for their healthcare, than we do here. But polio and PPS are still well catered for.

My excellent physio Esther (Polio Physio of the Year) even used to get a lot of information from the General Hospital at Lille, in Northern France.

### Well done Wales

**Nursing Times** has just announced that the Welsh Government has said social care workers in Wales are set to receive a £500 bonus. This is part of a move to show staff in the sector that their hard work is "appreciated and recognised" during the coronavirus pandemic.

Speaking at the daily Welsh Government press conference, first minister Mark Drakeford said the one-off payment would be available to some 64,000 care home workers and domiciliary care workers throughout the country.

***This is the first step; so let's all write to our MPs etc. to make sure all front-line staff dealing with Polio and PPS across Britain get a tangible benefit, to repay their devotion to duty during this past crises.***

*[Editors Note - The following has been shared widely on Facebook. A lot of this also relates to those of us who are caring for someone in our home and for those carers that we either employ ourselves or purchase their help from an Agency.]*

## **All care workers can have a breakdown... be patient with them.**

Those caring are carrying burdens and worries they can't discuss with you. They find out things before the general public they can't share with you.

They feel unsure. They are questioning everything they used to know. They are scared for their families. They are scared for themselves. They feel unprepared to fight this fast-changing elusive virus. They feel guilty for increasing the risk of our loved ones.

They are obsessively thinking... "Did I wash my hands enough? Did I touch my face today? Is changing outside and going straight to the shower going to be enough to keep my loved ones safe? Are we going to run out of PPE? Is it safe to change the PPE recommendations because we don't have enough to go around?"

The gyms are shut down. Their social outlets removed and churches closed. They struggle to sleep even though they know they need sleep to stay healthy and sharp. They want to hug their children but are too afraid. They want to see their parents, friends, loved ones, the people they turn to when they need to feel loved and reassured. But that would be foolish and risky.

They are concerned about their work family. They see the stress on their faces. They are trying to make the right decisions when no one really knows what the right decisions are.

The recommendations are changing daily. They are spending hours reading, learning, thinking through scenarios and trying to be prepared for the unknown. They want to provide the best care to their patients and remain safe.

Their patients can no longer have their loved ones with them. The healthcare workers are now their daughter, son, preacher, sister, brother, friend. They are the reassurance, voice of reason, the sort-hearted, strong backed person they can rely on.

... so for those of you that love a carer or healthcare worker please be patient with them. They are struggling.

**Editor** *[Who sits on both sides of the Fence. I am a Person being Cared for and also a Carer when the paid Carer goes home]* **Adds**.... This is not an easy time for everyone. You may be living alone so are caring for you, or you could be living with someone else whose needs you are caring for as well as your own. Could you do with a virtual hug and a few minutes chat now and then? It is ok to go into another room [try only doing this in one room, the toilet is a good place as you can pretend to flush it down the toilet] and let off steam, take a deep breath, let out a huge sigh that relaxes your shoulders and go back to your caring tasks. You are doing the best job that you can now that your medical appointments are by phone or postponed and all your therapy sessions cancelled. What you are managing is definitely well appreciated. BUT it is also tough for the person being cared for. Maybe they are rebelling against the odd thing now and then because they want to take some control of something.

The only thing polio survivors have in our favour is that we have been through many struggles throughout our lives since catching polio. We achieved way above what was expected. We did not give in then because we were determined, strong willed and if anyone suggested that we would not be able to do something then we gave it our all and proved them wrong. Think of all you have achieved in your life, places been and people met? Where did your Polio take you?

OK, so with Post-Polio Syndrome we have to change some of those habits of a lifetime and not try and do it all at once. Pace and Rest, do a bit, rest a bit, do a bit more. By using aids and assistive devices, some never used before so is not easy. Then asking for the help of someone else to do the difficult bits goes against the grain doesn't it. If we can save wasting energy by any or all of these suggestions, most of us have less pain, less fatigue and are happier.

## Toni writes... [Continued from back page photograph.](#)

What is behind me is a full wall mural of the Val d'Orchia in Italy (definitely worth putting into Google to look at more pictures, it is a UNESCO heritage site). I was very fond of my husband's nanna who died just as we moved into our home. I was kindly included in her will so wanted to buy something special in her memory. I have always been in love with Italy and as we had to decorate our new place it would be a good opportunity to indulge with something special. We had a photo turned into wallpaper and I am so pleased we did.

My husband's original idea was that I'd sit at the table with a glass of Chianti looking over the Val d'Orchia and wouldn't need to pop on a plane every year or two to visit. It didn't work! I think it makes me miss it more.

Last time we were in Italy my husband took us on a long drive and wouldn't say where we were going. Eventually we turned a corner and my son & I both said "It's our kitchen"! He'd found the exact location that the photo was taken from. We then had a wonderful time driving around our mural!

I send you my fondest regards and hope that you can continue to keep well during these challenging times. Contact details are [page 13](#).

**Do you shop at Amazon?** If you go through [www.smile.amazon.co.uk](http://www.smile.amazon.co.uk) and sign up to have Polio Survivors Network as your chosen charity then 0.5% of your purchase price is donated to PSN by Amazon. Costs you nothing.

### ***Here are a few links that you might like:***

**MSE** - Money Saving Expert, 15 free ways to relax and look after yourself <https://bit.ly/3bzDvLV>

**Sunny Skyz** - Good news website with lots of video clips and bits <https://www.sunnyskyz.com/>

**YouTube - West End Shows** - a new one each week <https://www.youtube.com/theshowsmustgoon>

**The British Museum** using google maps. Link starts in Egyptian section <https://bit.ly/2Vujtg8>

This link is a virtual tour of prints and drawings <https://bit.ly/2KwIYYY>

This one Arts and Culture <https://artsandculture.google.com/partner/the-british-museum>

This one on YouTube <https://www.youtube.com/user/britishmuseum/featured>

**The Natural History Museum** – Life of the Blue Whale <https://www.nhm.ac.uk/bluewhale/>

This Link Nature Live Online <https://www.nhm.ac.uk/visit/whats-on.html?group=naturelive>

This Link with Sir David Attenborough <https://bit.ly/2zdXZvp>

**The Smithsonian Magazine** - Five Egyptian Heritage Site Virtual Tours <https://bit.ly/3bv7m8o>

**Your Library Card** Did you know you can use your library card to access 100s of free eBooks, eAudiobooks and eMagazines for free from your local library. Check their website.



**POST POLIO NEWS** [ppn] - [www.post-polio.org.uk](http://www.post-polio.org.uk)

**An online news cutting service from Chris Salter that specialises in news relating to polio, post polio, disability and other health related issues.**

Twitter, Newspaper, RSS feed, Facebook, LinkedIn, Daily digest emails.

Chris Salter's researched and provision of excellent information service is followed by many important and influential organisations and people worldwide. We have included some items every newsletter for years. However, conscious of the fact that many of us are elderly, some live alone, a few in residential or care homes and all self-isolating we have decided to leave it up to you. If you would like to read the items in this excellent resource we recommend that you subscribe to one of the services referred to above. Go to [www.post-polio.org.uk](http://www.post-polio.org.uk) and chose the method you prefer. We will repeat this item every issue.



If you feel like you're losing everything, remember that trees lose their leaves every year and they still stand tall and wait for better days to come.



**Dain aged 9 to Mum**

"If every pork chop was perfect we wouldn't have any hot dogs".

"Thanks for explaining the word 'many' to me it means a lot."

**Anonymous**

**HOW TO ENFORCE "SOCIAL DISTANCING"**



yyuryyub, icuryy4me - **translate.**

What **four letter word** can be written forwards, backward, upside down and still be read left to right.

Carla, a friend in the USA, offers:

There is a shop assistant in the butchers shop who is 5 feet two inches tall and he wears size 13 shoes.

**What does he weigh?**



**Monday**



**Saturday**

**DIY KITCHEN WIPES - [see page 10](#)**

Use good quality kitchen roll  
Cheaper roll will deteriorate



**COUPLE OF IDEAS**

Let your imagination run riot with what you have in your home that you could use.

On the left DIY Face Shaped Painted Plastic Bottle Planters. More examples on Pinterest. [pinterest.com](https://www.pinterest.com)

On the right is from Debbie Ison, This is a candle holder healing jar, to send love, light, healing, and hope out into the world.





**Micki Minner, Polio Epic [since 1985] Tucson Arizona [www.polioepic.org](http://www.polioepic.org)**

Micki was contacted mid April by the CBS Sunday Morning Show looking for a Polio Survivor that remembered the Quarantine and Isolation of the past pandemic. Local to Tucson, Joanne Yager agreed to do this. She was 15 at the time of her polio.

This was aired yesterday, 3.5.2020. You can watch Conquering the Polio Epidemic on CBS Sunday Morning on YouTube. Well done Joanne, that can't have been easy!

<https://m.youtube.com/watch?v=AyVZejeWYc8&feature=youtu.be>

☺ Just seen a news report about the stresses and strains of self-isolation. It has been reported that some people are going crazy from being in lock down!

It was strange, actually, because I had just been talking about this with the microwave and toaster and all of us agreed that things are getting bad. I didn't mentioned anything to the washing machine as she always puts a different spin on everything, and certainly not to the fridge as he is acting cold and distant.

In the end the iron calmed me down. She said everything will be fine, which surprised me because she's usually the first one to apply unnecessary pressure and get steamed up over nothing!!!

**From Lincolnshire Post Polio Network Newsletter then named the LincPIN in March 1997**

**THE POST-POLIO HOKEY KOKEY - Rom Amundsen, Hawaii.**

Jockey shorts left leg, jockey shorts right leg, long underwear left leg,  
long underwear right leg, left sock, right sock.

Left knit dancer's legging, right knit dancer's legging, left pantleg,  
right pantleg, left shoe, right shoe.

**STAND**

Up shorts, up long underwear, up leggings, up pants,  
tuck, button, zip, SIT, buckle,

**Pant, pant, pant, pant.**

In other words it is possible to dress the bottom half of your body without standing up several times in order to arrange your various layers of clothing. It takes a while to learn, and you cant be too groggy in the morning when you do it. But you can actually get all of your layers started on your legs, sort of telescoped into each other and then stand up only once and pull them all over your butt. How many hundreds of stand-ups and sit-downs I've wasted in the past seven years I couldn't begin to count.

The hazard here is that it is possible to get confused and do:

Jockey shorts left leg (etc as above), left pantleg, long underwear right leg, right sock, jockey shorts right leg, right legging, right pantleg, STAND, up jockey shorts, tangle, fall, roll over to telephone for help.

Under the current situation where we cannot access our therapists, chiropodists, chiropractors, massage therapists, hairdressers, beauty salons, etc, it is nice to dream we can...

I suddenly remembered back about 15 years ago when in the States.... I said this to Richard ...

"Oh I so wish I could go somewhere and be pampered."

His reply, " Sorry Hills they do not make them big enough!"

## HINTS TIPS AND BITS TO BRIGHTEN YOUR DAY

**From Richard Boone.** I am American and lived in Illinois. Near the end of the 19th Century my Grandmother heard there was going to be a doctor the next day in the village 12 miles away. The next day she got on her horse and rode the 12 miles returning most upset because it was only a MAN.

A doctor who after hearing my history of my polio and paralysed left leg asked 'Can I stick pins in to see how far paralysed?'

**Helen, our Carer** is going to make us some cake for the weekend. She got the Free From Packet Mix out from the cupboard and read the instructions. She just asked us "Do you want a gooey or firm brownie?". We all collapsed in fits of laughter.

**Mary Guild - Scotland** shares Lockdown Lingo from Facebook Group - Club 971 Lockdown Humour. Here are a few examples:

1. **Le Creusot wrist** - It is the new 'avocado hand" - an aching arm after taking one's best saucepan outside to bang during the weekly 'Clap for Carers'. It might be heavy but you're keen to impress the neighbours with your high quality kitchenware.
2. **Furlough Merlot** - Wine consumed in an attempt to relieve the frustration of not working. Also known as "bored-eaux" or "cabernet tedium".
3. **Quentin Quarantino** - An attention-seeker using their time in lockdown to make amateur films which why're convinced are funnier and cleverer than they actually are.
4. **Mask-ara** - Extra make-up applied to 'make ones eyes pop' before venturing out in public wearing a face mask.

### **Alison, my daughter in Canada, offers... DIY Kitchen Wipes**

See pictures [page 8](#). You will need a plastic container that will take a Good Quality Kitchen Roll. If plastic container shorter than the roll you can cut the roll down. You need water, rubbing alcohol, washing up liquid. *Optional*—Essential oils [my personal preference is 35 drops of Lavender and 35 drops of Thyme].

Cut the kitchen roll with a sharp knife to the size of your plastic container. Add 60ml of rubbing alcohol [if using essential oils add these to the alcohol first] to 350ml of water. Then add 4 drops of washing up liquid.

Pour this over the kitchen roll slowly to give it a chance to absorb, once fully absorbed grab the cardboard tube and gently pull to remove it. The kitchen wipes will now pull from the centre for use. Watched her live using them.

**Fun for kids of all ages** Put some food colouring drops onto a plate of regular whole milk and then small ball of cotton wool with a little washing up liquid into the centre of the plate...

### **DISABILITY HORIZONS - Assistive Tech & Products. Just mentioning a few...**

- ⇒ An adjustable drink holder for wheelchair.
- ⇒ Nimble finger cutter looks great for opening packages.
- ⇒ 10 top apps inc. where to find accessible public toilets, Red Panic button app and more.
- ⇒ Trabasack, four different styles, of laptop bag/tray. Have one and it is useful specially for meetings.
- ⇒ Buckingham crutch storage accessory, carry a small bottle of water in holder on your crutch. EasyTravelseat airplane transfer chair £299 - £399. Seen video worth trying if you fly when we can again.
- ⇒ Knork - knife and fork in one £10.95, had these for some years now and use every day.
- ⇒ PPE equipment - some now in stock.

Founded by two disabled guys in 2011, Disability Horizons publishes articles on a wide variety of topics, all to support the aim of a world where disabled people live exactly as they choose to. You can sign up for our newsletter to get all our articles directly to your inbox, along with our **Ultimate Disability Survival guide**.

All articles are sourced directly from our community of readers, making Disability Horizons a lifestyle publication about disabled people, for disabled people. Articles span topics from technology, relationships, sports, employment and travel. To help our community connect with each other, share, learn, support and be supported further, we've also created the DHorizons Tribe Facebook group.

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## **From Coronavirus UK: a practical guide if you're disabled. 18/3/2020**

### **Using carers/PA's during the coronavirus outbreak**

If you use carers/PA's, ask them to wash their hands thoroughly when they enter your home and regularly when performing tasks for you.

As coronavirus can live on surfaces for some time, carers should clean surfaces they have touched, such as door handles and worktops, before they leave.

You might want to consider them wearing personal protective equipment [PPE] when doing things that bring them in close contact with you, such as bathing and changing.

PPE means disposable plastic gloves, a plastic apron, fluid repellent surgical masks and eye protection when there is a risk of splashing.

These, along with waste from cleaning surfaces they have touched, should be put in a rubbish bag after use and left for 72 hours away from anything else before being thrown in the normal bin.

However, it is worth noting that the government guidelines only stipulate the use of them when the person they are caring for has symptoms.

If you would like your carer to use PPE, if you use carers through the council or company, ask them about providing PPE.

If you employ carers yourself, you may need to purchase it yourself or see if your carer can. We've just started selling PPE on the Disability Horizons Shop.

It might also be worth calling your local GP, district nurse, healthcare worker or council to find out if they can help with this.

If they are displaying symptoms, they shouldn't come to work and should self-isolate at home—see more on this below.

If possible, it would be worth having a list of back up staff who you can call on if one of your carers becomes unwell. If this is not an option, or you would like more advice on this, contact your local council for more information.

You, and your carers can find more advice on how to work in these circumstances on the Carers UK and government websites:

**Carers UK** [www.carersuk.org](http://www.carersuk.org) *We give carers expert advice, information and support. We campaign and innovate to find better ways to reach and support carers.*

**Office for Disability Issues** [www.gov.uk](http://www.gov.uk) *We support development of policies to remove inequality between disabled and non-disabled people.*



## **Val Scrivener tells us a little about herself, the person behind the photocards.**

Bedford has always been my home and, until the age of 17, I suppose I lived a fairly uneventful life. I loved sport and, even in my first school was winning races on sports day (winnings were a 2/6d postal order which bought me a book at our local bookshop). I high-jumped, was in the netball team, swam and also played badminton at our local youth club. I was just beginning to enjoy going to the twice-yearly youth club country dances when polio struck, paralysing my right leg. I returned to school (now in VI form) with a stick. Sport, gym and games were out and I began to feel that I fitted in nowhere and became, I suppose, somewhat isolated knowing that my former friends and team-mates were spending their lunch hour outside practising.



My father was quick to see the void in my life and one day came home with a box camera. Never did it occur to me at the time that his thoughtfulness would lead to a lifetime hobby. Much later in life I went along to the local camera club to learn how to use my newly acquired, second-hand, SLR camera and there I became fully launched as an avid lover of photography. With my late husband, John, I began some weird and wonderful travels around the world in my school holidays as, by now, I had begun teaching at a local lower school. I now restrict my travelling to the UK following several falls, but there is so much out there to photograph if you look for it.

### **What makes you passionate about supporting Polio Survivors Network?**

I suppose the first and most obvious answer is to say, 'Because I had polio.' I, like many others, thought over many years that, although I have never since been able to partake in sport, I made a pretty lucky recovery. I could still walk and was able to lead a normal life. It was a bit of a shock when things began to deteriorate and I was told that the neurons boosting my muscles were only working at 10 percent capacity and that being overactive was simply wearing the muscles away.

I admire the research that seems to be taking place in the USA and I agree with comments regarding the lack of knowledge in this country, so few of my acquaintances had any idea that problems could resurface in later life once 'recovered from polio'. It is brilliant being updated with the knowledge of recent research via 'Post Polio Matters'. I had hoped to make the AGM this year as I feel meeting up with fellow members is very much like meeting up with family, but sadly the current situation prevents us meeting at the moment.

### **What gave you inspiration for the beautiful photocards sold on behalf of PSN?**

I have, over the years, made special cards for friends and some time ago I had the thought that I could also make and sell cards to raise money. Being a PSN member my mind went immediately to this but I knew that I would have a better chance of selling them locally, to people who knew me. My local church seemed the ideal place to set up a pitch but in order to sell the polio cards I felt that I should be doing the same for the church. This I do once a month but it all takes time as I take the photos, print them, cut the prints to size, print details on sheets of card, stick the photos on the card and do any necessary trimming.

### **How can we place an order with you?**

You will find the details on the back of each newsletter or on the PSN website. The orders will arrive in packs and you may ask specifically for a mixed pack/a pack showing animals / transport / scenery / flowers / cards suitable for men - it's your choice. I can then, at the time of ordering, give you the address to which you send a cheque.

**Fran Henke, Polio Survivor and Author from Australia**

**Insights Interview Series - Polio Epidemic - You Tube**

**Tells the story of her polio in 1946 at age 3 - the vaccine did not come to Victoria till 1956**

**"I have been collecting stories since the current virus started and now the polio stories are coming out"**

**<https://m.youtube.com/watch?v=rTDR5FSJUVU&feature=youtu.be>**

# Management Committee [Trustees]

**Chair** - Simon Parritt - [simon.parritt@poliosurvivorsnetwork.org.uk](mailto:simon.parritt@poliosurvivorsnetwork.org.uk)

**Secretary**, Zsuzsanna Snarey - [zsuzsanna.snarey@poliosurvivorsnetwork.org.uk](mailto:zsuzsanna.snarey@poliosurvivorsnetwork.org.uk)

**Treasurer, Newsletter Editor** - Hilary Boone - [hilary.boone@poliosurvivorsnetwork.org.uk](mailto:hilary.boone@poliosurvivorsnetwork.org.uk)

**Trustee** - Verité Reily-Collins - [verite.reilycollins@poliosurvivorsnetwork.org.uk](mailto:verite.reilycollins@poliosurvivorsnetwork.org.uk)

**Trustee/s - Vacancies** please apply for more information

## Operations Team

**Phone Enquiries** - Hilary Boone - **01522 888601**

**PSN Admin, Email Enquiries and Website** - Toni Dunlop - [psnadmin@poliosurvivorsnetwork.org.uk](mailto:psnadmin@poliosurvivorsnetwork.org.uk)

**Printing** - Imprint Colour Printers, Lincoln

**With grateful thanks to the generous legacy from Ms A Brown,**

membership will now be **FREE** for as long as our funds remain above £10,000.00

UK Members - newsletter by post or email or both. Overseas Members newsletters by email

**Website** - [www.poliosurvivorsnetwork.org.uk](http://www.poliosurvivorsnetwork.org.uk)

**Write to us** at PO Box 954, Lincoln, LN5 5ER, U.K.

**Email** [psnadmin@poliosurvivorsnetwork.org.uk](mailto:psnadmin@poliosurvivorsnetwork.org.uk)

**Phone** us on 01522 888601 - we will ring you back when we access our messages

All donations, small or large, towards our work are gratefully received

Donate by cheque to **Polio Survivors Network**

Our PayPal address is

[treasurer@poliosurvivorsnetwork.org.uk](mailto:treasurer@poliosurvivorsnetwork.org.uk)

**Direct PayPal donate link:** <https://bit.ly/2KzyAyE>



*giftaid it*

**The Gift Aid scheme.** Charities can reclaim an extra 25% in tax on every eligible donation by a UK taxpayer. This 'transitional relief' does not affect your personal tax position. You must pay tax at least equal to the amount reclaimed on your donations in the current tax year. If you pay tax at the higher rate, you can reclaim tax relief on your gross donation at 20% (i.e. the difference between the higher rate of tax at 40% and the basic rate at 20%). If you have not filled in a current Gift aid form please contact us and we will email/post you one. Thankyou.

**The most accepted article by NHS professionals we have found is:**

**PatientPlus article POST-POLIO SYNDROME**

Written by U.K. Doctors for Doctors

<http://patient.info/doctor/post-polio-syndrome>

**NB** Respiratory and Sleep Problems Section very informative.

**GOOD ANAESTHETIC ARTICLE** - English version used by many PPS Groups

**POLIO PATIENTS AND SURGERY - Information for health staff.**

Lise Kay, MD, Surgeon PTU – Danish Society of Polio and Accident Victims

[http://www.europeanpolio.eu/documents/13642\\_Polio\\_operation\\_eng\\_TRYK.pdf](http://www.europeanpolio.eu/documents/13642_Polio_operation_eng_TRYK.pdf)

Printed copies on our headed paper with permission are available.

**Editors Note:-** Articles from Polio Survivors and Health Professionals welcomed

# POST POLIO MATTERS

because **WE'RE STILL HERE!**

[www.post-polio.org.uk](http://www.post-polio.org.uk)



Toni writes...

[psnadmin@polio-survivorsnetwork.org.uk](mailto:psnadmin@polio-survivorsnetwork.org.uk)

So I was chatting with Hilary on Skype the other day and she wondered what was behind me as I sat at my kitchen table, let me show you...

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Left - Fran Henke  
Right - Val Scrivener



See [Page 2](#)

In the Editorial



Photos on right

[Page 4](#)

Zsuzsi Snarey article on how we should look after our feet. Getting into a daily routine.

Follow these tips for good foot health



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