



REMEMBER THE SUMMER OF '66? Everton win the FA Cup, 3-2

GETTY

GOOD SPORTS

David Coulthard, Liz McColgan and Everton FC are among the sports stars and organisations supporting *sportingmemoriesnetwork.com*'s reminiscence groups. Their initiatives are designed to trigger sporting memories for people with dementia, which can help to encourage conversation and boost confidence.

BANK ON IT

Lloyds Banking Group has linked up with the Alzheimer's Society to launch the Dementia Friendly Financial Services Charter to help families affected by dementia by enabling sufferers to plan ahead, access financial services and stay independent for as long as possible. To download information, visit alzheimers.org.uk and search for 'Lloyds financial services charter'.



NEW YEAR RESOLUTIONS YOU MUST MAKE

One

If a loved one is getting frail, discuss care – before a crisis occurs

Two

Get them to visit a GP to review their medications

Three

Make time for yourself – never underestimate the stress of caring

DON'T BE LONELY

If you're blind or partially sighted, the RNIB runs a wonderful free telephone service to chat to a group of people with similar interests. You are matched with up to six people and the calls – usually lasting just under an hour – take place from your home at the same time each week (you are called – so no phone bills). You get to know your group well, as it largely stays the same. Trained volunteers help conversation along so everyone feels comfortable. There are around 100 groups around the country and the oldest participant is 104! To find out how to join in, email talkandsupport@rnib.org.uk or call 0845 330 3723 or 020 7391 2218.

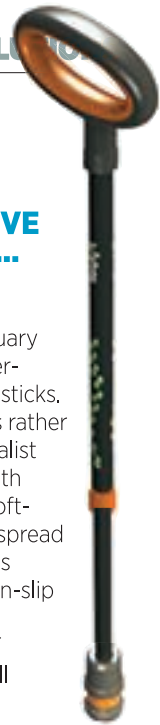
CARERS, BE CAREFUL...

If you're caring for someone with neck or shoulder pain you could risk developing it too, suggests a study. Researchers have also identified links between feelings of helplessness, anxiety and depression in pain sufferers and their carers. The reason? The perceptions and emotions of patients and carers bounce off each other. And that's one good reason, say researchers, why carers should be closely involved in treatment plans. ♦

GREAT GIZMOS THIS MONTH WE'VE TRACKED DOWN...

COOL WALKING STICKS

Step out in style this January with one of the new super-stylish Flexyfoot walking sticks. Inspired by walking poles rather than the sometimes brutalist NHS sticks, they come with two specially designed soft-grip handle options that spread the weight load, as well as Flexyfoot's trademark non-slip ferrule. Telescopic or folding, from £25 inc VAT from flexyfoot.com, or call 0800 0285 888.



RAD-ICAL CHIC

Raise the temperature this winter with the Radfan. This pioneering fan unit attaches to radiators and stops hot air rising to the ceiling by redirecting it back into the room. £49.99 from radfan.com, 0191 645 0935.



SUPER SHREDDER

Don't let arthritic fingers stop you or a loved one getting their five-a-day. Tefal Fresh Express is an ingenious way to shred, slice and grate fruit and veg in seconds. £45 rrp from tefalreshexpress.co.uk or Curry's.