Where did the loco go?

Pilkington retiree Les Boardman wonders if anyone can help:

“On a visit to Llangollen with my family we decided to travel on the steam train from Llangollen to Carrog (about 10 miles). What a surprise I had when leaving Llangollen Station to see a diesel locomotive shunting wagons with the Pilkington name on the side. As an apprentice painter/signwriter at Sheet Works in the late 1960’s I often did some work on a diesel locomotive in the loco sheds and I wondered if this was the one.

Purchase
On arrival at Carrog I asked the driver of our steam train about the ‘Pilkington’ locomotive and he informed me that they purchased it in about 2000 but didn’t know where from.

I remember traffic lights near the main St Helens – Liverpool railway line which runs through Sheet Works (the locomotive had priority). The locomotive moved wagons to the timber yard across Watson Street to all the warehouses and the General Stores where Tom Van Vollenhoven worked.

Purchase
On arrival at Carrog I asked the driver of our steam train about the ‘Pilkington’ locomotive and he informed me that they purchased it in about 2000 but didn’t know where from.

I remember traffic lights near the main St Helens – Liverpool railway line which runs through Sheet Works (the locomotive had priority). The locomotive moved wagons to the timber yard across Watson Street to all the warehouses and the General Stores where Tom Van Vollenhoven worked.

Where did the locomotive go after leaving Sheet Works? Perhaps my ex-work colleagues Graham Painter and Colin Gange who worked in the loco sheds know or maybe someone out there remembers?”

PRSL Board retirements
Ann Dalton and Michael Davies retired earlier this year as members of the Pilkington Retirement Services Board. Both Ann and Michael have dedicated much hard work and time to the Pilkington Family Trust making a significant contribution in their many years of involvement.

Ann joined the Board in March 1991 and, after 20 years, retired in June. Michael became a Trustee of the Pilkington Family Trust in February 1996 and shortly after in June 1996, joined the Board. Michael retired from both Board and Trustee positions in the early part of 2011, although he is to remain a member of the Trustee Finance Committee.
Editor’s Notes

If ever I needed a reminder that the years are inexorably rolling by, nothing could have brought it home to me more starkly than when my wife pointed out to me the number of lotions, potions and pills that I take simply to ease the aches and pains of everyday life. How sad that I now keep my very own plastic container at the side of the bed filled with my concoction of remedies. It doesn’t seem that long since I was immortal, teasing my parents and grandparents about them being old.

Well, the economic recovery didn’t really materialise as we had hoped during the year — if anything things seem to have gone worse. Those bills just keep rolling in with percentage increases that absolutely defy belief. Energy bills continue to cause concern for many people and I would urge you to look for the best possible deals and take advantage of any home insulation packages that are available to pensioners.

Still, we all had a beautiful summer to console us!

Talking of the weather, my wife and I had our very first foray abroad this year for our holiday. Apart from the obvious differences from holidaying in this country in terms of such things as the weather and food, it struck me just how much more relaxed life is over there. We were also quite amazed by the apparent lack of rules and regulations — I’m sure they have never heard of Health and Safety or traffic laws. Maybe they have but they just don’t apply them with the same vigour.

As another year comes to a close, all of us here at the Pilkington Family Trusts wish each and every one of you all the very best. Have a lovely Christmas and may the New Year bring you good health and happiness.

Best wishes
Mike Horton

Contact us
Editor: Mike Horton
Tel: (01744) 457903
Features: Carole Lowe
Tel: (01744) 457904
The Pilkington Family Trusts
Chalon Way, St. Helens,
WA10 1AU

100th BIRTHDAY CELEBRATIONS

Mrs Mary Eccles, Reeve Court Village, St Helens, celebrated her 100th birthday on the 21 June 2011. Mrs Eccles is shown with her daughter Anne and her telegram from the Queen.

Mr Duncan Campbell from Glasgow celebrated his 100th birthday on the 21 September 2011. Mr Campbell had 36 years service with the Company and retired on the 1 January 1980.

103rd BIRTHDAY CELEBRATION

Mrs Irene Golding celebrated her 103rd birthday on 8 August 2011. Here’s Rene (as she likes to be called) with Carol Priest, Regional Welfare Officer for the West Midlands.

A VERY SPECIAL WEDDING ANNIVERSARY

Mr and Mrs Eric Tench from St Helens celebrated their 70th Wedding Anniversary this year. They were married on 8 July 1941 at St Peter & Paul’s Church, Haresfinch. They renewed their wedding vows in July this year and then celebrated with family and friends at The Grapes Hotel.
Mr Thomas Smith (left) retired from Pilkington in 1980. He worked at Sheet Works initially but retired from Cowley Hill.

Mr Smith was contacted by the Sunday Telegraph’s war correspondent as he was writing a book on the Special Forces during the war, i.e. the SAS, the Paratroops, the Desert Group and the Chindits.

Mr Smith was in the Kings Own Scottish Border Regiment and was posted out to India and transferred to the Black Watch in 1942. Here they selected a group of men who were not married and had no injuries, didn’t wear glasses or false teeth. He was sent from India to Burma and was assigned to The Chindits in 1944. The Chindits were the largest of the allied Special Forces of the 2nd World War. They were formed and led by Major General Orde Wingate DSO. The Chindits operated deep behind enemy lines in North Burma in the War against Japan. For many months they lived in and fought the enemy in the jungles of Japanese occupied Burma, totally relying on airdrops for their supplies.

Mr Smith’s role was as a runner, there was no way of communicating with other units so he took messages by hand to them. He was in Burma for 2-3 months and then was posted to Germany.

The Chindits Society visit him every Christmas with a gift.

When I finally retired, I was asked to take on some pensioner visiting for the Pilkington Family Trusts. My husband, Vic, had retired also, so he supported me and we did our visits together, eventually taking over all the pensioners in and around Plymouth.

The time eventually came for us to move to be nearer all our children in Evesham in Worcs. The ‘powers that be’ needed a voluntary visitor in that area, so we started visiting once again. Visiting in both Plymouth and Evesham was an absolute joy and we made many new friends.

When the voluntary visiting scheme discontinued, we set up a self-help group in and around Evesham, where we meet several times a year. In the beginning we organised lunches at a pub with skittle facilities or perhaps in our house (hot buffet) or one of the group members houses – where they have a bigger garden than ours. We meet for food, fellowship and plenty of laughter!

The group is getting smaller with the passing years, but Carol Priest (the Regional Welfare Officer) seems quite good at gathering up a few likely souls that may have missed the net. We still laugh a lot and probably eat too much – I couldn’t possibly comment!

Now I am 80 and still full of life. I recently had a great time with an hour’s flight in a Firefly monoplane organised by my immediate family. I even managed the controls a bit in a very strong wind. What next – wing-walking?

Janet Atterbury, Evesham.

Dementia Support Group

The Trust Funds are setting up a Dementia Support Group, which will meet at the Pensioners Activity Centre at Ruskin Drive, St Helens.

The purpose of the group is to help people affected by the condition (and their Carers) by offering information, sharing experiences and participating in social activities. If you would be interested in attending the group, we would be absolutely delighted to hear from you.

Please call: Mike Horton, Welfare Programme Manager: 01744 457903
A 10-year view

Ten years may seem to fly past for some of us or be a time when new inventions have left us in their wake but for all of us managing our financial needs is constant and often we are at the mercy of politics and economics. This is no different for the Trust Funds that provide the finances for the programmes run for the beneficiaries.

The Trust relies for nearly 90% of its income on funds generated from investments. Over the past 10 years we have experienced more volatility and turmoil in the world’s investment markets than in virtually any other period in the past 100 years.

The ups and downs of the FTSE 100 (see fig.1) which is the main investment measure of shares in the UK shows how volatile this period has been and with the current economic worries for Europe and global trade this uncertainty seems to be with us for a while to come.

With this volatility and the impact on income generated from investments the Trust endeavours to achieve stability in managing the programmes that are in place fig.1. The average expenditure by the Trust over the last 10 years has been around £3 million a year. However the emphasis of the expenditure has changed from age related grants to support to maintain beneficiaries in their own home. (see pie charts below)

Planning for your future care

There may be times in your life when you think about the consequences of becoming seriously ill or disabled. This may be at a time of ill health or as a result of a life changing event. It may simply be because you are the sort of person who likes to plan ahead.

You may want to take the opportunity to think about what living with a serious illness might mean to you, your partner or your relatives, particularly if you become unable to make decisions for yourself. You may wish to record what your preferences and wishes for future care and treatment might be or you may simply choose to do nothing at all.

One way of making people aware of your wishes is by a process of advance care planning.

A conversation about advance care planning may be prompted by:
- The wish to make plans just in case something unexpected happens
- Planning for the future or for retirement
- Following the diagnosis of a serious or long term condition
- After the death of a spouse, partner or friend

Key points about advance care planning
- No-one is obliged to carry out advance care planning
- You may wish to discuss your wishes with your carers, partner or relatives
- If you wish to refuse a specific treatment, consider making an advance decision to refuse treatment
- It is recommended you seek the advice of an experienced healthcare professional if making an advance decision to refuse treatment

- If you make an advance decision that refuses treatment that is life sustaining it must be in writing, signed and witnessed
- If you have named someone to speak for you or have a Lasting Power of Attorney remember to write down their name
- If your wishes are in writing or if you have a Lasting Power of Attorney keep a copy of the record safe
- Provide copies to those who need to know your wishes, eg nurse, doctor, carer or family member

Let people know

Advance care planning does not always need to be in writing. However the professionals involved in your care and members of your family may find it helpful if your wishes and preferences are in writing. It is a good idea to give a copy of your wishes to everyone who needs to know. Remember to keep your own copy safe.

By letting people know about your wishes you may have an opportunity to discuss your views with those close to you.

If you have made an advance decision to refuse specific treatment you must be sure that the people involved in your care know this. Ask your nurse or doctor to help you do this.

Identify your wishes and preferences

The wishes you express during advance care planning are personal to you and can be about anything to do with your future care.

You may want to include your priorities and preferences for the future, for example:
- How you might want any religious or spiritual beliefs you hold to be reflected in your care
- The name of a person/people you wish to act on your behalf at a later time
- Your choice about where you would like to be cared for, for example at home, in a hospital, nursing home or a hospice
- Your thoughts on different treatments or types of care that you might be offered
- How you like to do things, for example preferring a shower instead of a bath or sleeping with the light on
- Concerns or solutions about practical issues, for example who will look after your dog should you become ill

Making a Lasting Power of Attorney

You may want to give another person legal authority to make decisions on your behalf. A Lasting Power of Attorney (LPA) enables you to give another person the right to make decisions about your property and affairs and/or your personal welfare. Decisions about care and treatment can be covered by a personal welfare LPA. An LPA covering your personal welfare can only be used when you lack the ability to make specific welfare decisions for yourself.

There are special rules about appointing an LPA. You can get a
special form from the Office of the Public Guardian (OPG) or stationery shops that provide legal packs. The form will explain what to do. Your LPA will need to be registered with the Office of Public Guardians before it can be used.

**Refusing specific treatment**

During an advance care planning discussion, you may decide to express a very specific view about a particular medical treatment which you do not want to have. This can be done by making an advance decision to refuse treatment.

An advance decision to refuse treatment (previously known as a living will or advance directive) is a decision you can make to refuse a specific type of treatment at some time in the future. Sometimes you may want to refuse a treatment in some circumstances but not others. If so, you must specify all the circumstances in which you want to refuse this particular treatment.

There are rules if you wish to refuse treatment that is potentially life sustaining, for example ventilation. An advance decision to refuse this type of treatment must be put in writing, signed and witnessed. If you wish to make an advance decision to refuse treatment you are advised to discuss this with a health care professional who is fully aware of your medical history. An advance decision will only be used if at some time in the future you lose the ability to make your own decisions about your treatment.

**Where to find further information**

The following information is found on websites. You may be able to get help to access these through your GP or healthcare worker, your library or at a hospital information centre.

---

**Making Decisions - a guide**

Information booklets about the Mental Capacity Act.


Tel 02380 878038

**The Mental Capacity Act Code of Practice**

The code provides guidance and information about how the Mental Capacity Act works.

[www.dca.gov.uk/mentincap/legis.htm#codeofpractice](http://www.dca.gov.uk/mentincap/legis.htm#codeofpractice)

**Office of Public Guardian**

The Office of Public Guardian is there to protect people who lack capacity.

[www.publicguardian.gov.uk](http://www.publicguardian.gov.uk)

Tel 0845 3302900

**Preferred Priorities for Care**

A document which can be used to help write down preferences and wishes for the future.


---

**WINTER FUEL PAYMENT**

Winter Fuel Payment helps older people keep warm in winter. Find out who can get it, how to get it and how much you can get. If you haven't received it before, find out what you need to do.

The Winter Fuel Payment is a tax free payment to help older people keep warm during winter. It is provided by the government to those who are eligible.

If you were born on or before 5 January 1951 you may qualify. It's not means tested and you can get it if you're still working or claiming a benefit.

The amount of Winter Fuel Payment you can get depends on your personal situation.

**When you'll be paid**

Most payments are made between November and December 2011. Due to how payments are made, you could receive your payment at a different time to someone in your household or living near you.

Do not contact the government about when you’ll receive your payment – unless you have not received it by January 2012.

<table>
<thead>
<tr>
<th>Situation</th>
<th>Born on or before 5 January 1951</th>
<th>Aged 80 or over on or before 25 September 2011</th>
</tr>
</thead>
<tbody>
<tr>
<td>You live alone</td>
<td>£200</td>
<td>£300</td>
</tr>
<tr>
<td>You are the only person in the household who qualifies</td>
<td>£200</td>
<td>£300</td>
</tr>
<tr>
<td>You live with another qualifying individual who is under 80</td>
<td>£100</td>
<td>£200</td>
</tr>
<tr>
<td>You live with another qualifying individual who is 80 or over</td>
<td>£100</td>
<td>£150</td>
</tr>
<tr>
<td>You get Pension Credit, income-based Jobseeker's Allowance or income related Employment and Support Allowance. This is a full rate payment regardless of other eligible people in the household.</td>
<td>£200</td>
<td>£300</td>
</tr>
<tr>
<td>You get Pension Credit, income-based Jobseeker's Allowance or income related Employment and Support Allowance. And you live with another qualifying person in the household who qualifies for Winter Fuel Payment. If someone else in the household is eligible, but not on the above benefits, and not your partner/civil partner they'll get a shared payment.</td>
<td>£200</td>
<td>£300</td>
</tr>
<tr>
<td>You qualify for Winter Fuel Payment and live with someone who gets Pension Credit, income-based Jobseeker's Allowance or income related Employment and Support Allowance. If they are your partner/civil partner, they will get the payment for you.</td>
<td>£0</td>
<td>£0</td>
</tr>
<tr>
<td>You qualify for Winter Fuel Payment and live with someone who gets Pension Credit, income-based Jobseeker's Allowance or income related Employment and Support Allowance. If they are not your partner/civil partner you will get a shared payment.</td>
<td>£100</td>
<td>£150</td>
</tr>
<tr>
<td>If both of the following apply: you live in a care home, an independent hospital (and have done so for 12 weeks or more before the qualifying week) you don't get Pension Credit, income-based Jobseekers Allowance or income related Employment and Support Allowance. We don't qualify for Winter Fuel Payment</td>
<td>£100</td>
<td>£150</td>
</tr>
<tr>
<td>If both of the following apply: you live in a care home, an independent hospital (and have done so for 12 weeks or more before the qualifying week) you get Pension Credit, income-based Jobseeker's Allowance or income related Employment and Support Allowance</td>
<td>You don't qualify for Winter Fuel Payment</td>
<td>You don't qualify for Winter Fuel Payment</td>
</tr>
</tbody>
</table>
Below are lists of retirements, deaths and anniversaries for the months of June 2011 to November 2011 inclusive.

**Retirements**

**List of retirements for the months of June 2011 to November 2011 inclusive. The number of years’ service are as shown.**

- **June 2011**:
  - Geoffrey Reeday, Chalon Way Industrial Estate, St Helens, WA10 1AU - 49 years’ service

- **July 2011**:
  - Brian Leslie Hill, Sutton, St. Helens

- **August 2011**:
  - Kenneth Yule, Clockface, St. Helens - 44 years’ service

- **September 2011**:
  - Alan Hawkins, Chapel Bank, St Helens, Merseyside

- **October 2011**:
  - Peter Melvin, Ashton-in-Makerfield, Wigan

- **November 2011**:
  - Roy Burrows, Pottington stoke, St Helens - 49 years’ service

**Deaths**

**List of deaths for the months of June 2011 to November 2011 inclusive. The number of years’ service are as shown.**

- **June 2011**:
  - Mr & Mrs J Stanton, St Helens - 8.12.11
  - Mr & Mrs D Drury, Upminster - 28.07.11
  - Mr & Mrs G Culley, Rainford - 04.08.11
  - Mr & Mrs M Blount, Oldbury - DIAMOND WEDDING

- **July 2011**:
  - Mr J MacDougall, St Helens - 14.10.11
  - Mr & Mrs T Fisher, St Helens - 14.08.11

- **August 2011**:
  - George Boardman - 39 years’ service

- **September 2011**:
  - Brian Thomas - 28 years’ service

- **October 2011**:
  - Brian Leslie Hill - 44 years’ service

**Anniversaries**

Congratulations are sent to the following couples who have or are about to celebrate their Diamond/Golden Wedding Anniversary.

**DIAMOND WEDDING**

- Mr & Mrs M Blount, Oldbury - 04.08.11
- Mr & Mrs G Culley, Rainford - 28.07.11
- Mr & Mrs D Drury, Upminster - 14.08.11
- Mr & Mrs T Fisher, St Helens - 14.10.11
- Mr & Mrs J Sheppard, St Helens - 08.12.11
- Mr & Mrs J Stanton, St Helens - 22.09.11

Remember, if you would like to celebrate your Golden or Diamond Wedding Anniversary mentioned in PRISM, please inform your Welfare Officer or telephone the Welfare Centre on 01744 457929.

**Ruskin monthly draw prize winners**

Please don’t forget to let Ruskin Leisure know if you change your address.

**JULY 2011**

- £1,500 Mrs K Attage, St. Helens
- £1,000 Mr & Mrs B Andrews, Wigan - 01.12.12
- £500 Alice Surnell, Newton-in-Wilcock, St. Helens
- £250 Mr & Mrs J Atkinson, Nutgrove, St. Helens
- £150 Trevor Shortland, Redwall, Birmingham
- £100 Harold Riley, Sutton, St. Helens

**AUGUST 2011**

- £1,250 Carl Stockley, Production, Pilkings Architectural
- £500 Miss M Kay, Garswood, Nr. Wigan
- £250 Mr & Mrs J Atkinson
- £150 Mrs J Drinkwater, Windle, St. Helens
- £100 Kenneth Duffy, Eccleston, St. Helens

**SEPTEMBER 2011**

- £1,500 Mr & F Reidy, Dentons Green, St. Helens
- £500 Nicholas Wilson, Safety Mgr, Greengate Site
- £250 Linda Quinn, Ask HR, Pilkings Tower Block
- £150 Thomas Scott, Thuto Health, St. Helens
- £100 William O’Kane, Ashton-in-Makerfield, Wigan

**OCTOBER 2011**

- £1,500 Joseph Heaton
- £500 Michael Beverley, Standish, Wigan
- £250 Michael Beverley
- £150 John Jones, Pilkington Tower Block
- £100 Alfred Dixon, Moss Bank, St. Helens
Large print books needed
Do you have large print books that you no longer want?
Ruskin Lodge would like to expand its library selection for guests with visual impairment and we need large print novels for both men and women.
If you can help please contact your local welfare officer or contact Diane Swift on 01744 20010.

Nervous about technology?
Not sure how to edit photos or call friends on Skype?
And what on earth is Twitter?
There is a whole world on the internet, but it can sometimes get overwhelming.
Digital Unite has launched its learning zone which has all sorts of really useful information about anything techy. Visit: learning.digitalunite.com

Free online computer learning aids
A new and extensive range of free computer and internet learning guides has been launched by Digital Unite as research shows that the over 55s who are already using computers like to learn new things; want to self-teach and can help to bring other older people online.

The revamped Learning Zone (http://learning.digitalunite.com) has over 200 computer and internet guides and has been developed by Digital Unite.

The Learning Zone offers straightforward and jargon-free guidance and information.
The easy to use guides cover a whole host of subjects, from mastering the basics and searching the web to keeping up with the new social networking trends and learning how to use the latest technology such as smartphones, kindles and games consoles.

Beware fake parcel scam
The Trading Standards Office has warned of the following scam.
A card is posted through your door from a company called PDS (Parcel Delivery Service) suggesting that they were unable to deliver a parcel and that you need to contact them on 0906 6619111 (a Premium rate number). DO NOT call this number, as this is a mail scam. If you call the number and you start to hear a recorded message you will already have been billed a large amount for the phone call. If you do receive a card with these details, please contact Royal Mail Fraud on 020 7239 6655.

What's on

Please ring 01744 457909 for further details

DONCASTER
Silve Leaf Club: 2nd Thursday in the month at Pilkington Recreation Club, Kirk Sandall. 2.00pm-4.00pm. All Pensioners and Non-Pilkington Friends.
Day Club: Fortnightly (Wednesdays) at Pilkington Recreation Club, Kirk Sandall. 11.00am-3.30pm. Housebound and elderly only.

NEWCASTLE
Self Help Group at Newcastle Central Library:
19th January: 1.00pm-4.00pm
20th April: 1.00pm-4.00pm
20th July: 1.00pm-4.00pm
19th October: 1.00pm-4.00pm

NORTH WALES
Wrexham Self Help Group: Meets the last Wednesday each month at the Railway Club Wrexham at 2.00pm. For further information contact Mr J Binning on 01978 359289.
St Asaph Self Help Group: Meets 1st Tuesday every month at Rhuddlan Community Centre at 2.00pm. More information: Mr G Jones on 01745 325517.

SOUTH WALES
Self Help Group: Fortnightly (Wednesdays) between 2.00pm-4.00pm at the Owens Coming Social Club, New Road, New Inn, Pontypool.
Day Club: Meets monthly on a Friday 11.00am-3.30pm at ‘Widdershins’ East Avenue, off Greenhill Road, Sebastopol. More information: Sally Lewis, Welfare Officer on 01788 855639.

SCOTLAND
Glasgow
Self Help Group: Meet 1st Thursday every month from 1.30pm onwards at The Netherton Centre, Netherton Road, Glasgow.

KINGS NORTON TRIPLEX
Bingo: Every Monday
Kings Norton Pensioners’ Friendship Club: First Thursday of every month
Bowling: Each weekday from 13.30
One Coach Trip per month from May to September

WELFARE LEISURE CENTRE
Monday
Swimming Group: 9.30am (Patchwork quilling etc).
Chi Kung: 2.00pm-3.00pm 1.00pm
Tuesday
Art Group: 1st & 3rd Tuesday of every month.
50 + Ladies Keep Fit: 2.00pm-4.00pm
Pilkington Choir: 7.45pm
Wednesday
Ramblers’ Coffee Morning: 10.30am
1st Wednesday in every month.
Water Colour Painting:
2nd & 4th Wednesday in every month
9.30am inc. Beginners Section.
Bingo Sessions: 2.00pm
Ladies Crown Green Bowling Practice Night: 6.30pm
Thursday
Tai Chi: 11.45am-12.45pm, Indoor Bowling – winter months: 1.00pm.
Fridays
Women’s Indoor Bowling – winter months: 6.00pm-9.00pm.
Alternative Fridays
Companions: 2.00pm. TV Lounge and Games Room for darts, dominos and cards and mobile library service (always available).

Women’s Indoor Bowling – winter months: 4.00pm-6.00pm.

PILKINGTON BRIDGE CLUB
Contact David Goddall on 01744 752872 for details and venues.

SELF HELP GROUPS
Did you know that there are ten geographically dedicated groups in and around St Helens. Each group meets once a month and participates in a varied programme of events. Following are details of when and where:

Sutton
The Blue Room, Shining Light, Sutton Manor Primary School, Forest Road, Sutton. 1st Wednesday of each month 10.30am-noon.

Eccleston
St Luke’s Church, Knowsley Road, Eccleston. 1st Thursday of each month 10.30am-noon.

Haydock
St James Church, Church Road, Haydock. 2nd Wednesday of each month 10.30am-noon.
Join in!

Mr Denis Williams from St Helens worked at Cowley Hill and retired in 1996 after 30 years. Denis can very often be found at Carr Mill Dam with his camera taking photographs and he cleverly managed to capture this beautiful image of a heron in flight.

During the year a Regional Welfare Officer’s visits can be tiring, however, travelling great distances to assist and help pensioners is always rewarding and appreciated.

In Scotland we have some of the most beautiful scenery in the world and this is where some of our pensioners now reside.

Just some of the places from Coldstream to John O’Groats, from Aberdeen to the Outer Hebrides to some of the most remote parts of the United Kingdom, the Pilkington Family Trust can find you and if you need help or advice, we are there for you, to guide and assist.

Reg Menzies, Regional Welfare Officer (Scotland).

Reaching out to help...

Seasonal flu

Who should have the seasonal flu vaccine?

The vaccine is available free of charge to the following at risk groups:

- people aged 65 or over
- all pregnant women
- diabetes
- a chest problem or breathing difficulties (such as asthma, bronchitis or emphysema)
- a heart problem
- kidney disease or liver disease
- a neurological condition (such as Parkinson’s or motor neurone disease)
- a low immune system due to disease (such as cystic fibrosis or Crohn’s disease) or treatment (such as cancer treatment)
- had a stroke
- a problem with the spleen (such as sickle cell disease) or if the spleen has been removed

You should also have the vaccine if you:

- live in a nursing home
- are the main carer of an older or disabled person

The vaccine CANNOT give you the flu.

Most people who have the vaccine will not get flu. However, like any vaccine, it does not give 100% protection. The majority of people will be fully protected, some will get milder flu symptoms but a small number may still get flu.

If I had the flu vaccine previously, do I need it again?

Yes – even if you had it last year, you will need another dose this year. The full protection from the flu vaccine lasts only for one flu season.

The vaccine is free of charge and available from October 2011. It is available from your local GP.

The earlier you have the vaccine the better as this means you will be protected for the whole winter.
[Chorus: Tyga] My bitch go loco (Go loco, go loco) MarÃ­a, MarÃ­a, MarÃ­a Slide on a nigga with the .44 (With the .44, with the .44) Yeah, yeah, slide, slide, fo' My bitch so loco (Go loco, go loco, go loco) She bounce that ass like a lolo (Bounce that ass, bounce that ass) Bounce that ass like a lolo (Bounce that ass, bounce that ass, bounce that ass) My bitch go loco (Go loco, go loco) MarÃ­a, MarÃ­a, MarÃ­a Slide on a nigga with the .44 (Ah, ah, ah, ah) Slide, slide, fo' (Go loco). YG has done this before on his album My Krazy Life. How did this song perform on the charts? As of the chart week ending in May 18, 2019, â€œGo Lokoâ€ debuted and peaked at #71 on the Billboard Hot 100 for the week of May 18th, 2019. What inspired this song? YG: I mean, what inspired the song was the honey Mustard. My own fave steam locos are the awesome Big Boy locomotives of the mighty Union Pacific Railroad Company - sadly these engines are no longer with us, but thankfully, we've got film of them. http://uk.youtube.com/watch?v=x8f9VF1NyDQ. Flying Scotsman departing York http://uk.youtube.com/watch?v=F9fau0gWno. If you like steam locos - one of the finest railways here in England is the Romny Hythe and Dymchurch Railway along the coast between Dungeness and Hythe in Kent. The engines are all about quarter size replicas built in the 1920s and 1930s. But where did it go and what was it used for ?? I do know that coal ash does contain plenty of contaminants such as mercury, lead, selenium, arsenic and cadmium. Gazmanjack · 4 years ago. 0. But where on earth did he get that rifle from? They were in the middle of nowhere and he certainly didn't smuggle it with him. How did he know there was a rifle? When the sheriff is first arriving to Snow Hill and is riding in the stagecoach with Silence and Loco, there is a part where Loco tells the stage to stop so he can dig up a body he has hidden in the snow. During this scene for about a second we see him deposit a rifle in the spot where the body is, wrapped in a fur. Later, in the scene you mentioned, Loco recognizes the spot where he has hidden the rifle and comes up with the pretext of needing to relieve himself. As he is squatting he reaches down directly and pulls the rifle directly from the snow as if he had known it was there all along. T