

BOOKS

A selection of the books that have graced our bedside tables this past month or so...

Cystic Fibrosis and Body Image, Forest Laboratories UK Ltd and Didsbury, Thackray. cfbodyimage@gmail.com

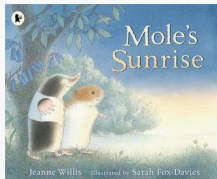
Cystic Fibrosis and Body Image



A collection of real life experiences

Disability can be an isolating experience and one that can turn people to introspection and all too easily towards depressing forms of self-critique. CF and Body Image is a collection of perspectives from a number of CF patients – some who find their situation a struggle and others who defiantly just don't care. It's an interesting read made personal at points where readers find a match with their own views on the subject.

Mole's Sunrise, Jeanne Willis Illustrated by Sarah Fox-Davies, Walker Books Ltd, ISBN: 9781406337785



Mole has never seen the sunrise and so gets up early one morning with his good friend Vole to find out about it. His other chums, Squirrel, Rabbit and Sparrow all chip in with their vivid descriptions of the magical event – so much so that it doesn't matter that Mole can't actually see. This is one of the most charming stories involving disability that I've ever read.

(Walker Books have kindly given us two copies of Mole's Sunrise to give away – contact us at editor@ablemagazine.co.uk for a chance to get one of them.)

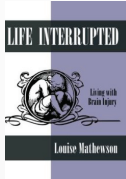
Desires, Penny Pepper, Bejamo Press, ISBN: 0954418506

Lots of people still consider disability a taboo, let alone that disabled people have needs and desires outside of the purely medical arena.



Penny Pepper explores the connected complications of having sexual desires and disabilities in her plainly explicit short stories. It's the sort of material that would normally warrant an 18 certificate but for the fact that some of the tales clearly relate to how challenging it can be for young disabled people to discover and understand their own bodies.

A Life Interrupted, Living With Brain Injury, Louise Mathewson, Pearlsong Press, ISBN: 9781597190558



This anthology of poems takes us through Mathewson's own journey from emergence from her post accident coma right through to ongoing recovery. Every poem seems to mark a small step forward and it's clear that there are some very real emotions being displayed here.

Recipes 4 Life, Fighting Back With Food, Jo Gamble, Ecademy Press, ISBN: 9781907722967



Jo Gamble is a nutritional therapist who realises that when serious illnesses, such as the cancer that struck little Alfie

Gough to whom this recipe book is dedicated, has two distinct roles. Firstly, it is of course nourishing and crucially important for the ongoing journey towards physical recovery but also as an important aid to morale. With this in mind, all of the dishes in here are joyful, colourful and very tasty – and marked as suitable for vegetarians or for those needing to avoid wheat, gluten and dairy.

'Money Makes The World Go Round'

... according to the song – so it's no surprise that dealing with a financial problem can be scary, so here are some tips on how to sort things out if something goes wrong.

No-one likes the idea of having to sort out a money problem – but the good news is there is somewhere you can turn if you have a financial problem that you can't sort out.

The Financial Ombudsman Service – the free service set up by law with the power to sort out problems between consumers and financial businesses has been resolving financial problems for consumers since 2001. Last year we were contacted by over one million people and looked at over 250,000 cases. So, if you've got a financial problem from catalogues to car insurance or from PPI to pet insurance, here are my tips for getting it sorted:

1. What are you unhappy about?

Be clear in your own mind what the problem is, how it has affected you and how you would like it to be sorted.

2. Try to stay calm.

We know it's no fun dealing with a financial problem, but no matter how upset you might be, try to be calm and polite. This can help you get your point across more clearly and effectively and will help keep the situation under control.

CAROLINE WELLS



3. Get in touch.

First, contact the business you think is responsible and explain in your own words what has gone wrong. Try to have any relevant information to hand, for example statements or policy documents.

4. Write or phone?

It can be a good idea to put your complaint in writing – and keep a copy of your letter. If you'd prefer to call, make a note of the time and date of the call, the details of what was said and the name of the person you spoke with.

5. Taking things further.

The business will have a complaints procedure – if the person you are dealing with isn't able to sort things out, say you want to take things further. Remember, if the business doesn't get things sorted within eight weeks, the Financial Ombudsman Service may be able to help for free.

To find out more visit: www.financial-ombudsman.org.uk or tel: 03001239123.

Caroline Wells is Head of Outreach at the Financial Ombudsman Service

