

## YOU CAN HEAT or EAT?

Government advice to thousands of poor families and cash-strapped Pensioners who have been confined to POVERTY ...

Despite outspoken protest from Council leaders, Churches, Charitable Organisations and Trade Unions, the poorest in our communities have had their Incomes CUT by £20/week from the end week of September.

The Westminster Government refused to budge on its decision to chop the Benefit top-up payment for OAPs and families on Income Support.

The UK Government has yet to offer any 'logical' reasoning for its decision. It's accepted that the COVID Pandemic has cost the UK Treasury 'billions' which will have to be found somewhere, but why are the lowest earners and poor families treated this way. £20 is a lot of "CUT" to bear when you only get less than £100 a week.

Quite literally, many families will have to choose between eating or heating! It's a shameful indictment of this *heartless, greedy, nasty*, bunch of MP's. So much for Boris's promise to "Level UP".



## WHAT ON EARTH ARE WE DOING?

We should always look ahead - for return to normality - for a brighter future for all - especially our kids. Growing old also lets us look back. Not just a "do you remember when?" nostalgic view of the old days. Looking back to see world as it used to be ... and forward to what it's become.

The World is going through a crisis - and not just because of COVID. Look around the globe and what do you see? ... There's no corner that's untouched by war and conflict ... Afghanistan, Myanmar, the Yemen, Eritrea, Palestine etc etc - Towns and cities shattered and their people slaughtered and bombed out of existence.

Greed and corruption prevail - the rich are getting richer - and the poor don't seem to matter. Millions of people STARVE - others 'splash seemingly unlimited cash' on a wee trip into space or a 'trendy' piece of artwork or fashion.

Wars and conflict aside - mankind's greatest crime is surely the way in which we've been slowly but surely, killing the Planet. The Climate Change Conference in Glasgow is being rightly viewed as a last-gasp attempt to reverse global warming. World leaders MUST ACT TOGETHER NOW - before it's too late.

Looking ahead - what kind of world do we intend to leave behind for our children?

## Have they lost your Trust and Respect ?

Do you trust your MPs and MSPs? Anecdotal evidence suggests that many of us - from all shades of political opinion - are becoming 'switched off' with Politicians.

We've always had political differences - no more so than through 'the Thatcher years'. Brexit bitterly divided us. But at present it's hard to make sense of things as we lurch from crisis to crisis. Government decisions are reversed within hours - off-the-cuff policies seem to be worked out 'on the back

of a fag packet' - hare-brained ideas and absurd promises are conjured up to grab headlines or assuage whoever happens to be listening at the time ... and when things go wrong, it's always someone else's blame, isn't it!

Too many are "career Politicians with little or no understanding of what matters to 'ordinary' folk.

Have they lost your trust. More importantly have they lost your respect.

Will they ever WIN it back?

## Power of Attorney

We want to do a feature on 'Power of Attorney' in a future issue.

For some folk, PoA essential - for others it's a threat to personal finances.

Have you had to exercise of PoA powers for a family member or a friend? Send your comments to Liam Chalmers



## UN CLIMATE CHANGE CONFERENCE GLASGOW 2021

Scotland will be at the centre of the World stage as thousands of climate activists, World leaders, Heads of Government and the media arrive in November for the Climate Summit, at the SECC.

This is certainly the biggest and "most important event ever held in Scotland. It's a crucial global "watershed" moment which may (or may not) decide how we all work together to tackle the the causes and effects of global warming.

This is time for co-operation. It is not the time for empty promises - for narrow national self interest.

## COP26 must offer hope for positive change

People all across the globe are demanding real changes in thinking. They want honest pledges from the Superpowers and World's large industrial nations.

COP26 must agree to ...

- **STOP** polluting the atmosphere with CO2 gases
- **STOP** the deforestation of large swathes of the planet
- **STOP** polluting the oceans, and
- **START** to provide positive aid for 'green' development and health provision in poorer 3rd-world countries

The Glasgow Conference can change and protect the World for future generations.

## Alzheimer's new "highly useful" Purple Alert App

Alzheimer Scotland has launched a new App for to help people with dementia if they are missing.

Purple Alert is a free App designed by people living with dementia and carers, Alzheimer Scotland staff, and a range of agencies such as Police Scotland, who are concerned with dementia sufferers.

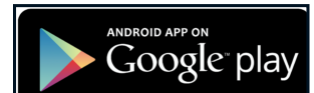


The old App has been upgraded. Its main function is still to help find a person with dementia if they're lost.

For example in the event of a dementia patient 'wandering or being lost, Police and searchers will have immediate access a profile - photograph, description etc rather than have to use precious time interviewing families.

You can download the App to either an Apple phone or an Android

**EXTINCTION REBELLION** activists say they've "no choice". but to disrupt the Conference ... so the Glasgow Polis are in for a busy time ...



## No wonder I'm confused ....

Scientists have been telling us for years that we're "pumping **too much Carbon Dioxide**" into the atmosphere.

It's now established fact that we're facing a quite unparalleled International crisis. "Global Warming" threatens much of natural World and indeed, the very existence of human life.

How come, then have we're also hearing dire warnings of food shortages, empty Supermarket shelves and .... *God help us* .... breweries grinding to a halt .... as we are "not producing **ENOUGH CARBON DIOXICIDE**".

## Things are happening at last!

Many RM Sections are struggling to start up again after the pandemic. Meeting rooms are still not accessible. It's also clear that members have "got out of the habit" or "lost the notion" to attend meetings because of the ongoing restrictions, but a few active souls are beginning to get things moving

. David Hannah from Highland Branch told us ....

"19 members from Highland LG Retired Members, had a successful coach trip to Scone Palace on Thursday 23rd of September - our first outing since the 2019 Christmas Lunch. Thanks to all who participated and special thanks to Highland Branch for their supporting grant which enabled us to subsidise the trip for our members".



Members at the historic Stone of Destiny, as the guide explained the Palace history. Well done David and Highland Branch

## Make sure you get your jags

Health Boards are now inviting people aged 16 or over who are on the highest risk list for a booster Vaccination. You should get it at least 6 months after your second vaccination dose.

If you're on the highest risk list or are severely immunosuppressed your health board will soon invite you for either a Covid booster (for most people on the highest risk list) or a third primary dose of the Covid vaccination (for severely immunosuppressed people only) They'll contact you by phone or letter and tell you which one they'll give you. You do not need to contact anyone yourself to arrange this.

Where possible you'll get your annual flu vaccination at the same time as your booster. This means you may only need to go to one vaccination appointment.

**WE STRONGLY ADVISE YOU** ... if you get a letter calling you in for the injections, make sure you go.

### UNISON's Scottish Retired Members Committee Secretary **Barbara Fulton**

During the pandemic, the Committee has held regular 'virtual meetings. Anyone can take part. For details contact Barbara at

[babsunison@yahoo.co.uk](mailto:babsunison@yahoo.co.uk)

## Always look on the bright side

It's easy to grumble about all bad things that are happening. Top 'grump must be BREXIT - followed by COVID's face masks, social-distancing, self isolation and 'lonliness'.

Recently, however, I've been thinking about "good things" that have happened ...

The summer weather prompted me to get out and do some walking.

Beautiful Council Parks and Gardens brightened up morning walks ...

We applauded the NHS and other public service workers

who worked selfishly night and day to keep the NHS going functioning.

As we "Clapped for Carers" and all workers who'd slaved during the pandemic .... we enjoyed the company of neighbours - some of whom we'd never spoken to before and Clapped for Carers and all workers who'd slaved during the pandemic ...

We welcomed two new great-granddaughters and a wee grandson ...

We 'decluttered' - clearing junk accumulated over years.

I made up "Pub-style quizzes" - and the Retired

Members News (28 issues) and e-mailing them to people all over the country.

I took time to contact old friends. Sad news at times - but great to learn where life had taken them.

**Of course, we're fed-up with Covid - but determined as the heading says to ...**

### **"Always Look on the Bright Side"**

That's some of the major highlights in the last 2 years - but who can forget Tuesday 5th Nov 2019 - **when we celebrated the absolute 'humping' of that lunatic Donald Trump!**

## DOUBLE scandal in a 'developed country'

### She "starved to death" ....

An over ninety-year-old woman is the first in Scotland for over 20 years to have suffered "Death by lack of food". They couldn't say if she "refused to eat" - "was Unable to eat" - or if she "had an inadequate supply". That's three 'official-speak' ways of saying "she starved to death".

It happens as the Government has CUT the benefit top-up by £20/week. MPs who voted for the cut should hang their heads in shame! Can Scottish Secretary Alister Jack - honestly claim to represent constituents Dumfries & Galloway that has 55% or so families who live on low wages?

On the other hand...

### **The Fat "Kittens" are thriving**

Some newly-qualified Lawyers as young as 24 in London are being offered starting salaries of over £107,000. That's enough to pay 3 Paramedics or 10 home helps!

Conservative MPs have just agreed to give them an added bonus by reducing income tax for high earners.

It's maybe time Solicitors' salaries were "capped" or regulated in some way.

Of course, as a high percentage of MPs are qualified Lawyers and it's only natural that they'll do anything and everything they can to protect the Profession".

## Useful on-line help and advice

<https://campaigns.which.co.uk/scams/>

The Consumer Organisation **WHICH** posts information on current Scams out to readers weekly. Sign up on-line if you want to get the latest scam alerts and free advice direct to your e-mail address.

<https://www.moneysavingexpert>

### Money saving and financial advice

Did you know you can get regular money saving tips and financial advice?

Thanks to one RM News reader, Clive Pegram from UNISON's Scottish Regulation of Care Branch, for letting us know of the service that ITV's Money Saving expert Martin Lewis (right) sends out by Email ...

