

stand for up to 30 mins though his leg/knees liable to give way.

4] Paul told us that the annual Ramsey Horticultural show is open for anyone to attend, or enter items, if wanted. It is on Saturday 1st August at the Ramsey Rural Museum, Wood Lane, Ramsey.

Next Meeting

20 Jun 26 – Dobbies, for afternoon tea. A £10 deposit required please.

05 Sep 26 – GAC 1400hrs

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Driverless Cars Hit London Streets in 2026: A New Era of Urban Mobility

Posted in News on Wednesday, March 11th, 2026

As 2026 unfolds, Londoners are likely to see more driverless electric vehicles operating quietly across different boroughs. Pilot schemes may gradually expand to include members of the public, marking a shift from controlled testing to practical use.

Editors note.

I wonder how long it will be before you can call a taxi 'in the sticks' to go anywhere????

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SMOKED MACKEREL IN

SOURED CREAM - Listed as easy for disabled people to do

Mrs Cordwell, Adfa, Newtown, Powys

Approx. 1 lb smoked mackerel fillets
½ pint soured cream
Juice of 1 lemon
Cayenne pepper

(Serves 4)

Simmer mackerel gently until soft. Cut into thin strips. Combine with sour cream and lemon juice. Sprinkle with cayenne pepper. Serve with rolled brown bread and butter.

[Kipper fillets may be similarly prepared]

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Some Benefits for Getting Old

As many of us have found having ataxia does not make you vulnerable in the eyes of the government or NHS when it comes to immunization for various conditions, flu, covid etc., on a couple of times I have been refused 'jabs' by my surgery.

However, a few weeks ago I received a message from them saying that I was classed as being 'frail' by their 'system' and they had prescribed me Ensure Plus Juce liquid a supplement that is

often given to people that cannot eat properly for many reasons often near 'end of life'. Now I don't consider myself at that point yet but I must admit they have helped me a lot, plus when I was asked to go for my second shingles jab, they then said did I want the April covid jab which I had been refused at the end of last year!

I really can't work how things can change so much but I'm not bothered has I do feel better especially when it comes to sleeping.

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Our Skeggy Trip

You will recall from the last Contaxia that Sue and I celebrated our 50th wedding anniversary, well, to follow on from that, one off the gifts given to us was tickets to see Tubular Bells Live a tribute concert to the artist Mike Oldfield, who we have always enjoyed.

The concert was at the Embassy Centre, Skegness which is only 25 miles from our home but to make it worthwhile we booked night's stay in the Premier Inn on the seafront in Skegness and only 200yds from the Embassy – Ideal.

The seating booked gave room for my wheelchair and a seat beside for Sue to sit in with a very good



view of the stage, photo taken

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before the start as pictures were not allowed during the concert.

Arriving early, we went to the Premier first to book in and offload all the 'essentials' manual wheelchair, slider board, Elk and bags etc. Premier Inns are normally 'fairly forgiving' when it comes to disabilities, but the first problem we met was that you had to register and pay for your car park before you went into the hotel. This meant entering your car registration and then your booking reference to get the cheaper rate, £4 for 24hrs. It was bad enough finding the booking form among all of our clutter but if it had been raining, we would have got soaked as there was no cover available – first little hiccup..

With arriving early, we decided to have a meal in their restaurant before the concert, very nice with lovely glass of wine to celebrate and good value when you use their 'meal deal' as this includes an-all-you-can-eat breakfast. At first, we panicked because the earliest time they could get us in was 1730hrs and the concert started at 1930hrs, but all went well and we made it.

The concert was very good and enjoyable covering many of Mike Oldfields numbers including obviously Tubular Bells, Hornpipe [Blue Peter theme tune] and Moonlight Shadow, all happy memories. The one thing that both Sue and I noticed was 90% of the audience was of 'a certain age', laughable really but it was our era.

Our second hiccup came in the morning when I had to get out of bed, Premier Inn's no longer offer the 'elephant legs' on the beds so it was a matter of 'staged climb' out of the bed using a slider board. First to the chair provided in the room then to my manual wheelchair without a cushion on, next a move to the bathroom where I transferred to the toilet and then Sue put the wheelchair cushion back on for me to transfer again. All very time consuming but it worked.



A view from the window, not brilliant but you could see the sea on the right and the waterway bridges plus the rubbish skips!!!

The Sunday morning got us a lovely 'Full English' followed by a breezy walk along the Prom. What a brilliant weekend.

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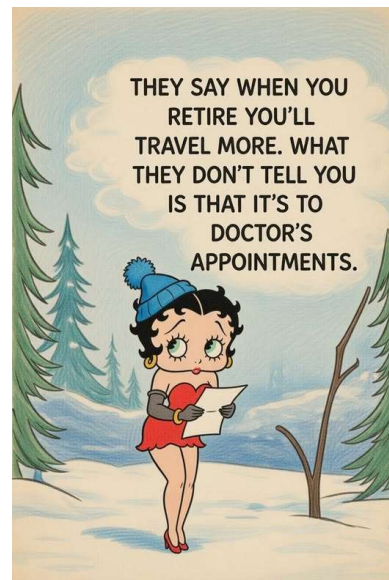
### **Time to Relax**

Patient: 'Doctor, I'm having trouble falling asleep at night.'

Doctor: 'Try lying at the edge of the bed. You'll soon drop off.'

Doctor: 'I see the problem; you've got a suppository in your ear.'

Patient: 'Ah! Now I know where my hearing aid went.'



Patient: 'Doctor, I think I need glasses.'

Teller: 'You certainly do. This is a bank.'

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CONTACTS

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### **Dates for your Diary**

**20 Jun 26 – Afternoon Tea at Dobbies, PE7 8NY. 1400hrs £10 deposit required please.**  
**01 Aug 26 – Ramsey Show PE26 2XD**  
**05 Sep 26 – GAC 1400hrs.**

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