

### SPECIAL POINTS OF INTEREST

- Disabled people locked indoors
- How cancer affects people
- Sugary drinks
- Safeguarding children
- Children buying FIFA player packs



not every disability  
is visible

### Disabled People Locked Indoors

**Disabled people will be “locked indoors” due to increases to social care costs, a mother has claimed.**

Marilyn Heath cares for her disabled daughter Sara whose income will fall by a third because of changes imposed by Norfolk County Council.

“To take money from disabled people in 21st Century Britain is unbelievable,” said Mrs Heath.

But the council said government funding cuts meant it had no option but to impose higher charges for social care.

Sara, 23, has Downs Syndrome and needs 24-hour care at her home in Horstead near Norwich.

Her Personal Independent Payment benefit pays for care and activities, such as swimming and social outings.

Now, the cost of those activities is going up while the guaranteed minimum income level for people on benefits is going down.

Mrs Heath said Sara’s £189 weekly allowance will fall to £132.45 and, with rising charges, her income will be cut by 34% and she will no longer be able to afford transport to activities.

She said Sara’s benefits should not be “robbed by the council” to pay for services which were previously less expensive or free.

Conservative-run Norfolk County Council approved cuts to its adult social care budget of £27m last year and £19m this year and is due to face a further cut of £27m in 2020-2021.

The total adult social care budget for 2019-2020 is £428m.

Bill Borrett, cabinet member for adult social care, said Norfolk was the last authority in the East of England to switch to the lower level of minimum income guarantee and the decision had not been taken lightly. “We have to be very careful with the resources we have so while everybody may not get what they want it is our responsibility to ensure they get what they need,” he said. He called for the government to publish plans for managing adult social care and funding it in the long term.

<https://www.bbc.co.uk/news/uk-england-norfolk-48952983>

# Helping men talk about what they can't say

In the UK, around 500 men are diagnosed with cancer every day. Yet men often find it difficult to talk about cancer, let alone ask for support.

Macmillan has been working with corporate partners who have a large number of male employees and customers, to encourage men to start talking about cancer. Whether you're a manager supporting an employee living with cancer, or you're living with cancer yourself, click on the link below.

[www.macmillan.org.uk/letstalk](http://www.macmillan.org.uk/letstalk)

## How cancer affects people



**MACMILLAN**  
CANCER SUPPORT

A basic understanding of cancer and its treatment can help you to offer the right support to your employees and colleagues.

After diagnosis or treatment, some people may have to give up their occupation because the symptoms mean they cannot work. In other cases, people will be able to carry on working, but they may still need some time off. Some people may look to work as a way to keep their lives as normal as possible.

Treatment may be:

- Surgery
- Chemotherapy
- Radiotherapy
- Hormonal therapies
- Targeted therapies

It may cause a range of side effects that could affect your employee's ability to work. These include:

- Fatigue
- Risk of infection
- Nausea and vomiting
- Body changes

After being diagnosed with cancer, your employee may be going through a range of emotions. They may need time off and support to process those emotions.

[https://www.macmillan.org.uk/information-and-support/organising/work-and-cancer/if-youre-an-employer?utm\\_source=Macmillan%20Cancer%20Support&utm\\_medium=email&utm\\_campaign=10612442\\_macatwork\\_summer19\\_2&utm\\_content=tab\\_employers%20info](https://www.macmillan.org.uk/information-and-support/organising/work-and-cancer/if-youre-an-employer?utm_source=Macmillan%20Cancer%20Support&utm_medium=email&utm_campaign=10612442_macatwork_summer19_2&utm_content=tab_employers%20info)

## Did you know?

Black males are up to three times more likely to get prostate cancer than white males

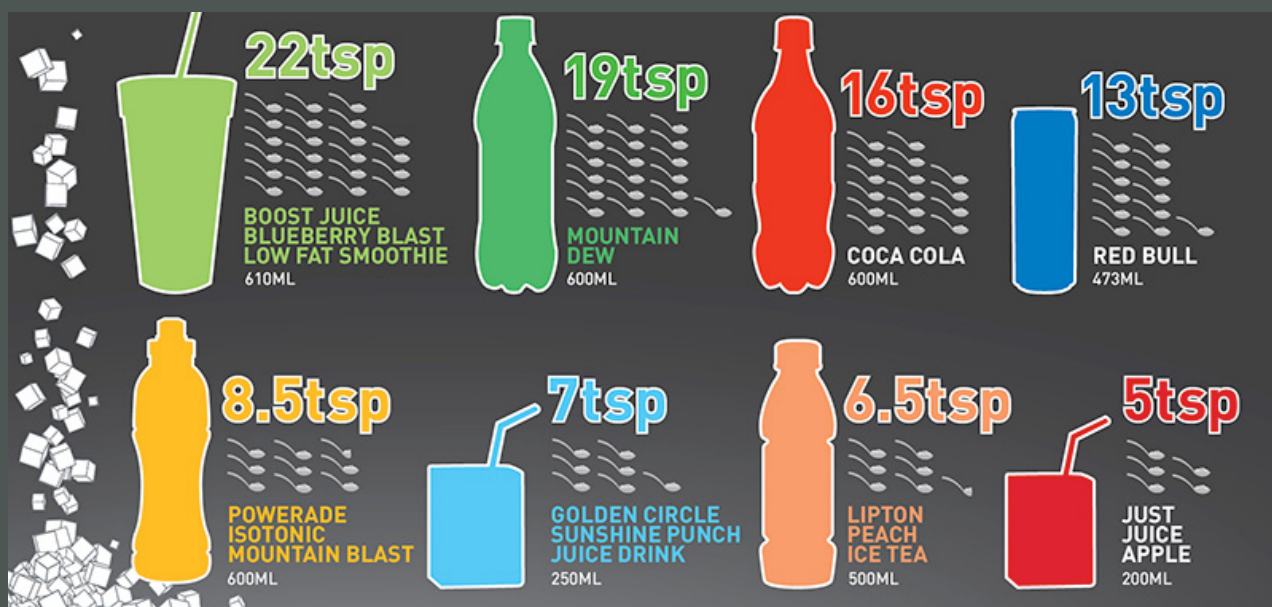
Men from the least deprived areas are more likely to get prostate cancer or testicular cancer

98% survive testicular cancer for 10 or more years

There are about 390 men diagnosed with breast cancer each year in the UK.

1 in 215 UK males will be diagnosed with testicular cancer in their lifetime

## Sugary Drinks



A new study suggests there may be a link between consuming sugary drinks and a slight raised risk of cancer, even after taking weight into account. Researchers found that for every 1,000 people in their study, there were 22 cancers diagnosed over an average of 5 years. This increased to 26 cancers per 1,000 people in those who drank an extra 100ml of sugary drink per day. This reinforces that cutting down on sugary drinks, including fruit juice, is a good idea. But more research is needed to show if there is a direct link and if so, what is behind it.

# Safeguarding Children

Four children spent nearly £550 in three weeks buying player packs to play the FIFA football video game online on the family's Nintendo Switch console.



In FIFA, special players can be bought in packs, but the contents are only revealed after payment is completed.

The children's father, Thomas Carter, had bought them a single pack for around £8, and had not realised they had seen how he made the purchase.

The Switch has now been confiscated "indefinitely", Mr Carter said.

Nintendo has agreed to a full refund and has removed the purchased players. While FIFA is published and sold by Electronic Arts, the payments had been made via the family's Nintendo account.

Nintendo did not respond to a request for comment.

Mr Carter, from Hampshire, admits that he did not take full precautions to limit access to his Nintendo account: he did not use a unique Pin number and the emailed receipts were sent to an old email address with a full inbox.

"I just never thought [the children] would do it," he said.

<https://www.bbc.co.uk/news/technology-48908766>