



## **Are you eligible for a disabled facilities grant?**

Exeter City Council • Published: 30 March 2021



- 1 People in Exeter who are struggling to use their homes safely and freely may be eligible to a  
2 Disabled Facilities Grant\*.
- 3 Those who are or could be registered disabled and are in need of adaptations to their home may  
4 be able to get assistance from the City Council.
- 5 Grants are available to help people adapt their homes so they are more convenient to live in.  
6 Disabled people who own a property, rent privately or live in social housing or those who have a  
7 disabled adult or child living with them can apply.
- 8 A grant of up to £30,000 could be used to:
- 9 • install a stair lift
  - 10 • replace a bath with a level access shower
  - 11 • widen doorways
  - 12 • provide ramps
- 13 The grants are means-tested\* except when the works are for the benefit of a child or a young  
14 person who is under 19 years of age and in full time education. Also, applications for stair lifts are  
15 no longer means-tested therefore simplifying the process and making it more accessible.
- 16 These grants are available for local residents. As a first step, contact Care Direct at Devon County  
17 Council (DCC) on 0345 1551 007. They will take some basic information and then pass details on  
18 to an Occupational Therapist (OT) to visit and assess the requirements.
- 19 To find out more contact Mandy Wakley at Exeter City Council on 01392 265651 or visit  
20 [www.exeter.gov.uk/facilities-grants/](http://www.exeter.gov.uk/facilities-grants/)

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**A grant** : une subvention • **means-tested** : soumis(e) à des conditions de ressources  
<https://news.exeter.gov.uk/are-you-eligible-for-a-disabled-facilities-grant/>



*Mental health terms*

### **Mental health and risk of suicide in young people during the pandemic**

Sharon Raymond • Times of Israel - The Blogs - Published Mar 30, 2021

1 The Covid-19 pandemic has led to serious illness, bereavements\*, social isolation including  
2 physical separation from loved ones and peers, school closures, zoom lessons, an increasingly  
3 online world with escalating cyberbullying, financial pressures, as well as worries about  
4 contracting the virus and an uncertain future. It has had a profound impact on the mental health  
5 and wellbeing of the nation and led to an escalation in domestic abuse and violence.  
6 Kooth, an online mental wellbeing community, currently has 167, 000 active service users, and in  
7 2020 saw a rise in service users of 37% compared to 2019.

8 Children and young people have been significantly affected, leading to deteriorating mental  
9 health and, in some cases, self-harm\* and suicidal thoughts, with heartbreakingly tragic  
10 outcomes. In July 2020, an NHS\* survey found that 1 in 6 children and young people had a likely  
11 mental health disorder, a marked increase compared to 1 in 9 in 2017 (which also showed a 49%  
12 increase in emotional disorders since 2004).

13 During the pandemic Kooth noted a 24% increase in children and young people presenting with  
14 self- harm, a 35% increase in suicidal thoughts, 77.7% increase in sleep difficulties, and a 100%  
15 increase in school/college worries. Furthermore, the service has observed a 57% increase in  
16 eating related difficulties compared to 2019.

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**bereavements** : *deuils* • **self-harm** (psychology) : *automutilation* • **NHS** : National Health Service (UK)

<https://blogs.timesofisrael.com/mental-health-and-risk-of-suicide-in-young-people-during-the-pandemic/>



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## **8 Homemade Diabetes-Friendly Snacks That Are Better Than Store-Bought**

Mila Clarke Buckley — Eating Well Magazine — Published: April 01, 2021

1 We love a good store-bought snack as much as the next person, but when you have diabetes it  
2 sometimes makes more sense to make it yourself.

3 As a person living with diabetes, I'm always on the hunt for snacks that are an easy grab-and-go  
4 option. While it can be tempting to toss\* whatever convenient items I can find into my cart at the  
5 grocery store, I'm often left a little stunned\* after I read the nutrition labels and see how much  
6 added sugar, saturated fat or sodium (three ingredients people with diabetes need to limit) is  
7 actually in the product. Luckily, some grocery store favorites are just as easy to make at home—  
8 without the excess sugar, saturated fat or sodium. Not to mention, meal-prepping your snacks is  
9 often cheaper and tastier. Here are the top diabetes-friendly snacks I like to meal-  
10 prep myself, instead of buying, for better blood sugar.

### **11 1. Bakery-style muffins**

12 Who can resist those bakery-style muffins? They're one of the first things I always smell on the  
13 grocery store's bakery side, but they usually contain lots of sugar, which results in blood sugar  
14 spikes\* later. These Morning Glory Muffins are a great alternative. They get their sweetness from  
15 apples, carrots and raisins—which also have fiber to help balance blood sugar—and just a little  
16 added sugar.

[...]

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(to) **toss** : jeter, balancer • **stunned** : étonnée, abasourdie • **blood sugar spikes** : pics de glycémie

<https://www.eatingwell.com/article/7894318/diabetes-snacks-you-should-be-meal-prepping-not-buying/>



## Single mum who lost 56kg shows how she made 281 meals on a budget

Sophie Haslett — Daily Mail Australia — Published: 19/03/2021

1 A single mum who lost a staggering\* 56 kilograms through meal prepping has revealed how  
2 she whipped up\* 281 meals and snacks on a budget of \$384, and her top tips for meal prep.

3 Cicily Goodwin, 27, from Nambucca Heads, New South Wales, tipped the scales at 128kg in July  
4 2016 when she decided to lose weight - and five years later, she has dropped 56kg and a huge six  
5 dress sizes to now weigh just 72kg.

6 Cicily maintains her weight loss through making healthy meals in advance, and she recently  
7 cooked up 112 main meals and 169 snacks, many of which were under \$2 per serve.

8 It took the mum-of-two four hours to complete her impressive batch cook\*, which included bean  
9 and corn toastadas, layered meatloaf and soba noodles with salmon.

10 Cicily also made veggie sausage rolls and one-pot spaghetti bolognese, as well as snacks like  
chocolate Weetbix slice and coconut brownies.

11 'It's such a great feeling to look at all the food you've cooked set out at the end, and such a feeling  
12 of accomplishment and also so much motivation to stay on track,' Cicily told Australia's leading  
13 weight loss program, the Healthy Mummy.

14 'A few hours worth of cooking means you then don't have to think about dinners or snacks for the  
15 next month [...] !

.....  
**staggering** : étourdissant • **(to) whip [something] up** : préparer [qch] en vitesse • **batch cook** : cuisiner par lots

<https://www.msn.com/en-au/lifestyle/smart-living/single-mum-who-lost-56kg-shows-how-she-made-281-meals-on-a-budget/ar-BB1eJPkz?ocid=BingNewsSearch>



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Drawer Door Cabinet Cupboard  
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**\$89.99**

ADD TO CART

## Pediatric ER doctor cautions about home safety risk

Louis Aguirre — WPLG Local10.com — Published: April 2, 2021



1 **HOLLYWOOD, Fla.** – The tragic death of a Pompano toddler\* inside her family’s home is  
2 highlighting an overlooked risk to small children: The potential to become trapped and crushed\*  
3 under furnishings and appliances.

4 “Children have a tendency to be curious. They climb and these pieces of furniture can fall on  
5 them and cause not only broken bones but internal injuries in the chest, abdomen and head,”  
6 said Dr. Rosa Kotzen, an Emergency Room physician with Joe DiMaggio Children’s Hospital.

7 While the dynamics may seem difficult, Kotzen said all it takes is a little leverage.

8 “They can pull out drawers they can pull out a chair they can step on other toys and objects which  
9 they try to climb. Some kids are just really great at kind of scaling up objects,” Kotzen said.

10 It can happen in a moment’s distraction.

11 “It just takes seconds to get trapped underneath furniture, an object, and not really know where  
12 the child is for that split second and the injuries happen so quickly,” Kotzen said.

13 The aisles\* of many home improvement stores carry a simple product that can be a lifesaver.

14 For around \$10, safety straps provide a way to secure furniture and heavy objects to a wall,  
15 keeping them from falling on small children.

16 For more information on home safety with young children, **visit this page.**

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**a toddler** : un bébé (qui fait ses premiers pas) • **crushed** : écrasé • **aisles** : ≙ les rayons d’un magasin  
<https://www.local10.com/health/2021/04/03/pediatric-er-doctor-cautions-about-home-safety-risk/>



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## **Bayada Home Health Care: Keeping You Safe at Home**

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### **Fall Prevention: Safety in the Home**

*BAYADA offers tips and guidelines that everyone can use when considering fall prevention.*

By Danielle Santola — <https://www.tapinto.net/> — Published: March 29, 2021

1 According to the National Council on Aging, every 15 seconds older adults are seen in an  
2 emergency room for a fall-related injury. That's approximately four incidences every minute.  
3 Further, the Centers for Disease control says that falls — the majority of which occur at home —  
4 are the leading cause of injuries or death for those over age 65. That's why it's so important for  
5 seniors and their family caregivers to be vigilant about reducing their risk of falling, particularly  
6 at home.

#### **7 When do fall precautions become necessary?**

8 If either you or a loved one has experienced a fall, then there is a greater chance of falling again.  
9 Whether there is a history of falls or not, it's still important to take precautions to avoid falls and  
10 injuries. A personalized fall risk assessment by a home health care professional can help  
11 pinpoint\* potential dangers of slips and falls and recommend ways to keep you or your loved one  
12 safe. They may also suggest assistive or personal care services.

### **Home safety for elderly adults**

13 *Here are some tips and guidelines that everyone can use when considering fall prevention.*

#### **14 Reevaluate daily activities when aging in place**

15 As seniors age, they must become mindful of how they move through their daily activities.

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**(to) pinpoint** : déterminer

<https://www.tapinto.net/towns/livingston/articles/fall-prevention-safety-in-the-home>



## How Covid-19 changed consumption of home appliances, electronic devices in India

Shweta Ganjoo — Tech HindustanTimes — Published: 31 Mar 2021

1 Demand for laptops and tablets in the past year jumped to 200% and 90% respectively on a pre  
2 and post lockdown basis.

3 A lot has changed in the past year since the Covid-19 pandemic forced people to stay inside their  
4 homes. This not only includes people all across the globe studying and working from home but it  
5 also includes how they consume technology.

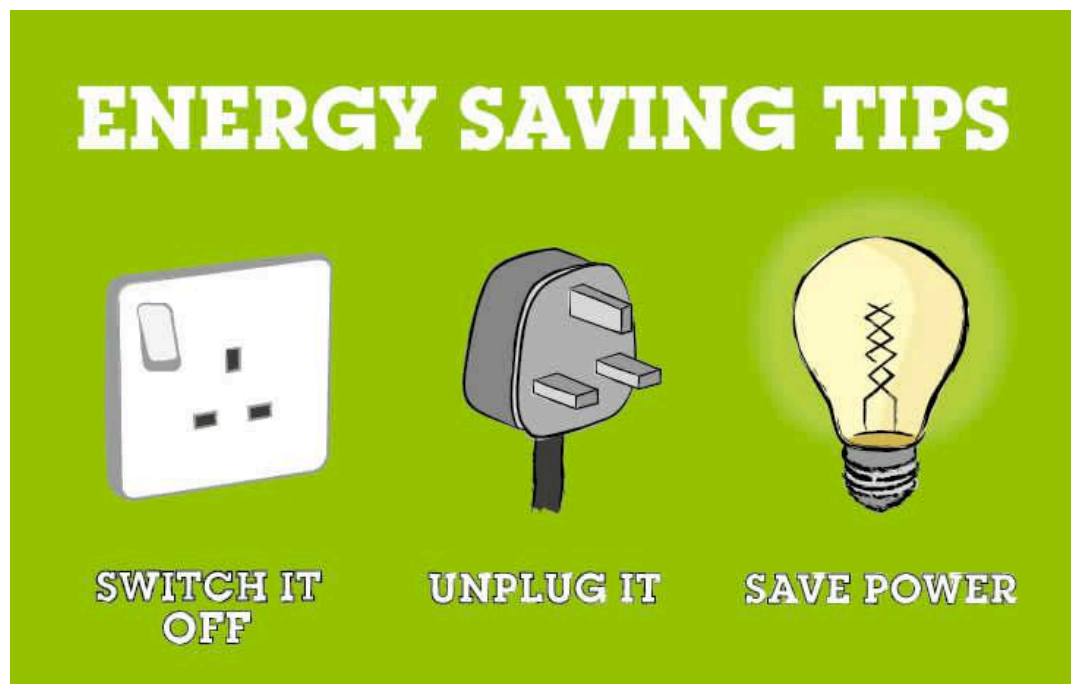
6 In the past year, people all around the globe, including the ones in India, turned to improving  
7 their fitness levels and their culinary skills in their free time. Millions of fitness and food videos  
8 shared on various social media platforms are a testament to this trend\*. This shift was also  
9 reflected in the home appliance that they purchased during the past year.

10 Flipkart's\* Vice President of large appliances told us as more and more people settled in their  
11 routines they looked for automating their home appliances in a bid to save time. "From  
12 microwaves having 73 auto cook menus to quick-wash washing machines to dishwashers,  
13 customers across the country increasingly adopted home appliances through e-commerce. This  
14 led to almost doubling the demand for home appliances in the last year," he said.

15 He also said that since the pandemic forced people to stay at home, there has been a growing  
16 demand for niche kitchen appliances such as waffle makers, pizza makers and popcorn makers.

**a trend** : une tendance • **Flipkart** : India's biggest online store

<https://tech.hindustantimes.com/tech/news/how-covid-19-changed-consumption-of-home-appliances-electronic-devices-in-india-71617189275249.html>



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## **Gresham sustainability: Reduce energy usage, save on bills**

Christopher Keizur — The Outlook — Published: April 04 2021

- 1 With so many people spending more time at home than ever before, energy bills are jumping  
2 through the roof\*.
- 3 Luckily the experts with the Energy Trust of Oregon, a nonprofit organization dedicated to saving  
4 money and reducing environmental footprints, visited Gresham virtually for "green" energy  
5 saving tips.
- 6 The biggest energy drain in residential homes is heating and cooling, which accounts for 41% of  
7 bills. Homeowners can maintain and clean filters regularly to help furnaces, heat pumps and air  
8 conditioners work at peak efficiency. Ceiling\* fans can help push hot air down in the winter and  
9 keep things circulating and cooler in the summer.
- 10 In homes with little floor insulation, putting a rug on bare floors retains heat. Homes can be  
11 heated in the winter with help from the sun by leaving window shades or blinds open during the  
12 daytime. Closing window coverings at night keeps the heat in.
- 13 Better care with appliances and electronics can also help reduce bills. Unplug battery chargers for  
14 phones, tablets and laptops when not in use. Portable and handheld devices use energy even  
15 when not actively charging. Cooking with a countertop convection, microwave or slow cooker  
16 uses less energy than a full-size stove or oven. Let hot foods cool before putting them in the fridge  
17 or freezer.
- 18 For more energy saving tips, visit **[energytrust.org/residential/evaluate-your-home](https://energytrust.org/residential/evaluate-your-home)**.

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**Gresham** : A city in Oregon, USA • **through the roof** : battre tous les records • **ceiling** : plafond

<https://pamplinmedia.com/go/42-news/503611-403131-gresham-sustainability-reduce-energy-usage-save-on-bills>





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## Nearly half of parents said teens face new or worsening mental health issues during pandemic, poll says

By Megan Marples — CNN — Published: March 16, 2021

1 Nearly half of parents reported their teenagers faced new or worsening\* mental health conditions  
2 since the pandemic began, a new poll has found.

3 A survey of 977 parents with children ages 13 to 18 analyzed teen mental health conditions like  
4 anxiety, depression and aggressive behavior during the pandemic. The national poll, conducted  
5 by Ipsos for C.S. Mott Children's Hospital at the University of Michigan Medical School, looked at  
6 how parents were helping teens cope\*.

7 The restrictions to control the spread of Covid-19 have kept teens at home "at the age they were  
8 primed to seek independence from their families," said poll co-director Dr. Gary Freed, who is  
9 the Percy and Mary Murphy professor of pediatrics at the University of Michigan.

10 The pandemic has severely disrupted their lives, Freed said, pointing to the cancellation\* of  
11 school activities and the inability to hang out with friends due to social distancing.

12 Not surprisingly, many teens are feeling "frustrated, anxious and disconnected" as a result.

13 Three in four parents surveyed said Covid-19 had negatively impacted their teens' ability to  
14 socialize with their friends nearly every day.

15 Social media could be to blame for teens' anxiety and depression. Teens can get the impression  
16 "of people's lives being perfect" on social media, which is one of their main communication  
17 methods during the pandemic.

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(to) worsen : empirer • (to) cope : faire face, s'en sortir • the cancellation : l'annulation

<https://edition.cnn.com/2021/03/16/health/teen-mental-health-pandemic-wellness/index.html>