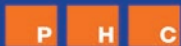




Procter Health Care
*for a fuller **more active life***



Procter Health Care



Procter Healthcare Eastbourne

Opening Hours

Monday - Friday 9.00am - 5.00pm

Saturday 9.00am - 4.00pm

Sunday CLOSED



Procter Health Care

*please call **freephone 0800 279 8889**
if you have any questions*

welcome

It could not be easier to Order and Buy...delivered straight to your door.

Our latest catalogue is full of useful products designed for a fuller and more active life. They are of high quality and represent sound value for money. You'll find our order form simple to use and should you be eligible for VAT relief, please complete the appropriate section in full, and then sign and date this section. Please make sure you return it to Procter Health Care when you place your order.

Please pause and take a few minutes to leaf through the catalogue and should you wish to visit one of our branches, you'll find details of how to find each of our branches on the reverse of this catalogue. Our experienced staff are helpful and discreet and they look forward to looking after your every need. For larger products such as wheelchairs, beds and recliner chairs, home demonstrations can be arranged within a reasonable distance of our branches. Our experienced demonstrators will evaluate the suitability of each product and help you in making your final decision. We operate a strictly 'no sales pressure' policy so please be assured you can discuss your needs without the fear of being pressured into making a purchase.

If you have not ordered via the web before, here is your chance to do so. Just key in our web address: www.procterhealthcare.co.uk Our web site has been designed to be clear, simple and above all, it is as easy as turning the pages of our catalogue. You can read about some of the latest products to come onto the market and much, much more. Make a point of joining our newsreader list by clicking the appropriate box.

What could be simpler?

Once you have experienced how easy it is to order on-line, you can choose the best of both worlds, to buy on-line again or to pop into one of our branches. Whichever way you decide to buy, we are here to assist you and we look forward to providing you with a valued choice of health care products.

David Procter

David Procter
Procter Health Care Centre Team

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medical management

In a world of miniaturisation the choice of monitors, nebulisers and electrical nerve machines, some so small they fit onto the wrist, are now available at affordable prices. They are simple and easy to use and it is a convenient way to measure blood pressure and blood glucose levels, or to deliver a drug to the lungs, or even control pain without using drugs.

You will be spoilt for choice from pill organisers, medical jewellery, to joint and body supports and even hot and cold therapies.

Blood Pressure Monitors

Omron M2 Basic Upper Arm Blood Pressure Monitor

- Automatic upper arm monitor with Intellisense
- Inflation at the touch of a button
- Easy wrap cuff



Code: **OMRM2**

£37.00 (£30.83 ex VAT)

Omron M3 Upper Arm Blood Pressure Monitor

- Fully automatic upper arm monitor with intellisense
- Inflation at the touch of a button
- Large clear display shows systolic and diastolic pressure and pulse rate
- Clinically validated by the British Hypertension Society



Code: **OMRM31**

£52.00 (£43.33 ex VAT)

Omron RS3 Wrist Blood Pressure Monitor

- One button operation with 60 measurements memory
- Storage case with batteries included
- Irregular heartbeat detection



Code: **OMRRX3**

£60.00 (£50.00 ex VAT)

Happylegs - Seated Walking Machine

Happylegs is a passive exercise device which works using the same principles as walking. It moves your legs whilst massaging your feet without vibration. It has a very quiet motor and is safe and easy to use. Ideal for people with poor circulation which can have a detrimental effect on your health. Sitting for a large amount of time can cause or worsen a number of conditions eg:

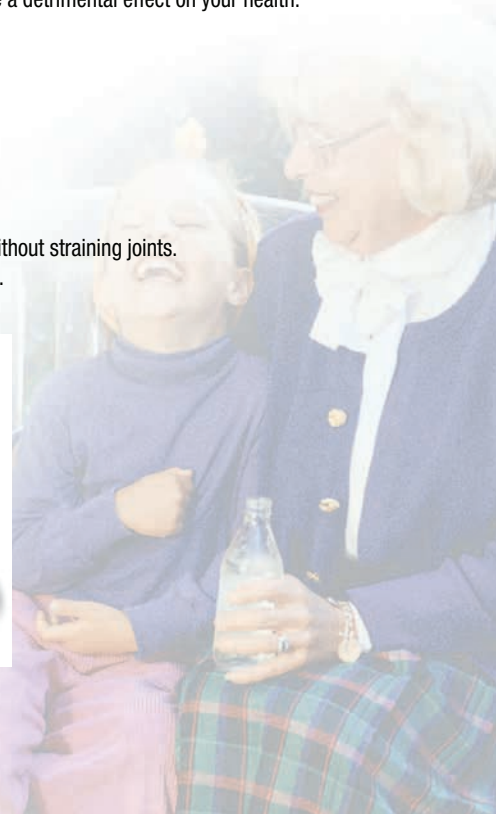
- Swollen legs, ankles and knees
- Diabetic Neuropathy
- Thrombosis (DVT)
- Vascular ulcers
- Joint and muscular problems
- Arthritis
- And many other conditions

Using Happylegs for 30 minutes a day can help to reactivate venous return circulation reducing swelling without straining joints. It can help recuperation for patients undergoing vein treatment and prevent stiffness of the knees and hips.

- Does not use electric stimulus
- Can be used with socks, bare feet or footwear
- No time limit on usage
- Can be used by people with pacemakers
- No side effects or restrictions
- Has been endorsed by vascular surgeons and cardiologists



£358.00 (£298.33 ex VAT)



Tens Machines

TeNS Machines or Transcutaneous Electrical Nerve Stimulation is a non-invasive drug free method of controlling pain.

TeNS uses tiny electrical impulses sent through the skin to nerves to modify the pain. TeNS does not work for everybody. However in most patients it is effective in reducing or eliminating pain, allowing for a return to normal activity.



JPM200 Plus

- Two easy to use, independent channels to control intensity, duration, frequency and modulation output. It can be used on a wide range of chronic and acute pain conditions; including cervical, lower back, lumbago, leg pain, sciatica, arthritis, tendonitis, fractures, tennis elbow and muscle and joint pain.
- Modulation, Constant & Burst modes. Variable pulse rate 2Hz-150Hz. Variable pulse width 30µs-260µs. Belt clip

Code: **JPM200Plus**

£54.00 (£45.00 ex VAT)

- 1 x soft carry case, 2 x patient leads, 1 x battery 1 x pack of self adhesive electrodes (4 per pack), Instruction Manual



JPM 700

- Dual channel
- 5 modes, burst, continuous modulation, timer control 30 minutes, 60 minutes and continuous. Variable pulse width 30-260µs, variable pulse rate 2-150mz
- Supplied in presentation case with leads, electrodes, manual and 2 batteries
- Dimensions: 95 x 65 x 23mm (3 7/8" x 2 1/2" x 3/4")

Code: **JPM700**

£70.00 (£58.33 ex VAT)

Nebulisers

Innospire Deluxe

- High quality, mains powered compressor for use at home or in hospital.
- Large internal compartment. Weighs 2.5k.
- Can be used with either a mask or a mouthpiece, both supplied. It produces a fast and accurate drug delivery.



Code: **SIDESTREAM**

£150.00 (£125.00 ex VAT)

Innospire Essence

- A quality, mains powered compressor that is lightweight and robust.
- Delivery of most of prescribed medications for respiratory conditions.
- Very compact. Supplied with a disposable Sidestream nebuliser kit. Weighs 1.5kg and measures 19x14x9cm.



Code: **INSPELITE**

£98.00 (£81.67 ex VAT)

Innospire Mini

- Mains rechargeable battery
- 90 mins use before recharging
- Car cigarette lighter charger
- Can be used to administer antibiotics, bronchodilators and steroids
- Maintenance free ie. no servicing required
- Weighs 420g
- Measures 12 x 9 x 7cm



Code: **INNOMINI**

£149.00 (£124.17 ex VAT)



Inhaler Cup

- Ideal for the treatment of catarrh, blocked sinuses, coughs and colds
- Fill with hot water & add inhalants as recommended by your pharmacist
- Connect the PVC face mask & inhale vapours

Code: **SA0011**

£7.99

Tablet Organisers, Dispensers & Boxes

7 Day Extra Large Tablet Holder

- Seven compartment organiser that can be carried in pocket or bag
- Length 230mm width 45mm and depth 27mm (9" x 1 3/4" x 1")

Code: **PR61430**

£2.85

7 Day Detachable Pill Box (7" x 2" x 1")

- One compartment for each day of the week
- Multicoloured detachable pocket size units
- Push button opening and closing

Code: **SA8382**

£3.99

Pillmate 7 Day Pill Organiser Box

- One compartment for each day of the week
- Fits into pocket or bag
- Comes in two sizes

Large - Code: **19023**Maxi - Code: **19028**

Large £2.70 Maxi £2.90

Safe & Sound 7 Day Pill Organiser

- One compartment for each day of the week.
- A great way to keep on top of your medication.
- Easily stored in a pocket or bag.

White Code: **SA8390**

£1.20

Heptagonal One Week Pill Case

- Handy pill case, holds one week's worth of pills
- Unique compact shape, easily stored in pockets or bags while travelling

Code: **SA8311**

£2.29

Safe & Sound Detachable Jumbo Pill Box

- Easily detachable for more compact and convenient storage
- Days of the week printed on each compartment
- Large size allows one weeks worth of medication to be planned

Code: **SA8315**

£4.65

One Week Plus Today

- Removable, four compartment unit for each day of the week
- Each compartment will fit into pocket or bag, or whole unit can be kept entire
- Overall size 170mm x 110mm x 20mm (6 3/4" x 4 1/4" x 3/4")
- Colours may vary

Code: **ME598**

£6.35

Pillmate Pill Chest Extra Large Multi-dose Weekly Dispenser

- Holds 4 daily doses for 1 week
- Extra large design makes it easy to handle for those with poor manual dexterity
- A simple way to save time and organise weekly medication

Code: **19021**

£13.50

Tabtime Medelert

Specially designed to help Alzheimer and Dementia patients of the visually impaired

- Flashing LED on lid and 6 daily sound alarms
- Fully automatic lockable timed release of medication - alarm sounds for 30 mins. and stops when pills have been tipped out
- 7.5ins. in diameter and weighs 0.6Kg



Code:

£80.00 (£66.67 ex VAT)

Pillmate Twice Daily Weekly Dispenser

- Tray with transparent compartment windows.
- Dosage timetable included.
- Easily stored in a pocket or bag.

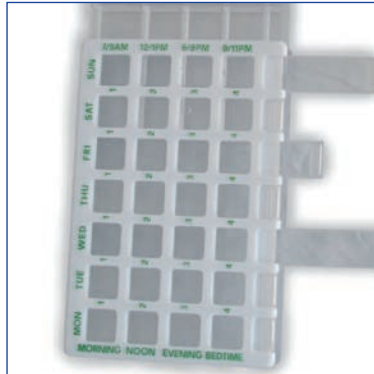


Code: **19024**

£4.95

Safe & Sound Pill Dispenser

- Conveniently holds one weeks worth of pills.
- Small enough to carry around in a bag.
- Simply slide open to retrieve tablets.



Code: **SA8392**

£6.99

Medisure Pill Tower

- Unit stacks 7 daily boxes with 4 compartments in each
- 13 x 10 x 7cm



Code: **MS07943**

£6.25

Medimax Tablet Dispenser

- 3.5 times bigger than the Medidos for larger quantities and is easily handled
- Closed size 140mm x 155mm x 45mm (5 1/2" x 6 1/4" x 1 3/4")
- Seven daily boxes, with an eighth box that is blank
- Easy slide lids include a brake to prevent compartments opening too quickly



Code: **MED241S**

£20.85

Medidos Tablet Dispenser

- Seven clearly marked boxes – one for each day of the week
- Each box contains four adjustable compartments for tablets to be taken at different times of the day
- All housed neatly in blue PVC wallet for security and convenience
- Now available in a selection of colours



Code: **MED129D**

£14.00

Pillmate Daily Dose Pill Organiser

- Ideal for planning medication
- 4 compartments for each day of the week
- Compact case



Code: **19020**

£13.50

Pillmate Pill Stacker

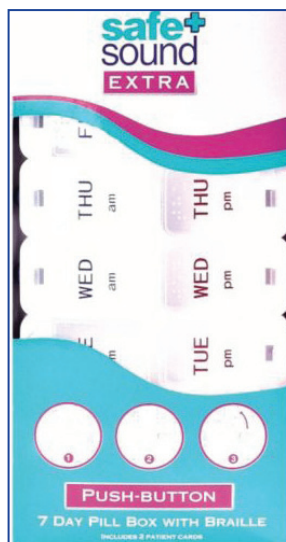
- Unit stacks 7 daily boxes with 4 compartments in each
- 13 x 11 x 5cm



Code: **19047**

£14.99

Safe and Sound Extra Pill Box



- AM & PM boxes with Braille
- 2 Patient cards
- 17 x 10 x 3cm
- Opened at the push of a button
- Can be separated into 2 parts (AM & PM)
- Twice a day with braille

Code: **SA8431**

£6.98

Tablet & Pill Cutters, Crushers and Poppers

Auto Eye Dropper

- Allows medication to be administered directly into the eye
- Simple & effective with no spillage
- Easy to grip design for elderly or arthritic hands



Code: **AUT41D**

£5.99

Pill Splitter

- Handy cutter to split tablets into two halves for easy swallowing
- Useful for small tablets which are difficult to break when a half tablet dose is required



Code: **PR61500**

£5.00

FRIO insulin travel wallet

- Keep Insulin cool & safe
- Refrigeration not required
- Simply activate with cold water
- Re-usable, light & compact



Single - **£14.40** (£12.00 ex VAT)

Small - **£15.00** (£12.50 ex VAT)

Large - **£18.60** (£15.50 ex VAT)

X Large - **£22.79** (£18.99 ex VAT)

Pill Crusher

- Simple twist and crush motion
- Large ridged structure for easy gripping
- Pocket size, easy to carry in a bag and includes storage for medication



Code: **PR61437**

£5.10

Pill Bottle Opener

- Aids opening child proof closures normally used on medicine bottles
- Special design fits snugly into the hand to ease pushing down and twisting cap



Code: **PR60036**

£6.10

PillMate Pill Cutter

- Ergonomic design for handheld pill cutting
- Splits tablets for half doses. Pocket size, ideal for bags



Code: **19022**

£2.50

PillMate Pill Punch

- Handy device ideal for those who have difficulty retrieving tablets from medication blister packets.
- Comes with 4 different sizes to cater for the various tablet shapes. Includes 2 pots to press pills into



Code: **19041**

£5.99

Pillmate Pill Crusher with Pill Compartments

- Simple Screw action crushes pills to a powder with ease
- Suitable for those who are unable to or have difficulty swallowing pills
- Includes compartments for carrying pills



Code: **19040**

£4.20

Safe & Sound 3 in 1 Pill Storage, Crusher & Cutter

- Clever design allows user to store pills in the centre and the lid conveniently pops up to form a pill splitter.
- Crushes pills to powder using the screw cap at the bottom.
- The 3 in 1 will split your pills into 1/2's or 1/4's simply and easily



Code: **SA8399**

£4.65

Safe & Sound Pill Cutter

- Effortlessly cuts medication in two
- Comes in two variations, with or without storage
- Simply tip container upside down to retrieve pills



White (Without Storage) Code: **SA8393**

£2.50

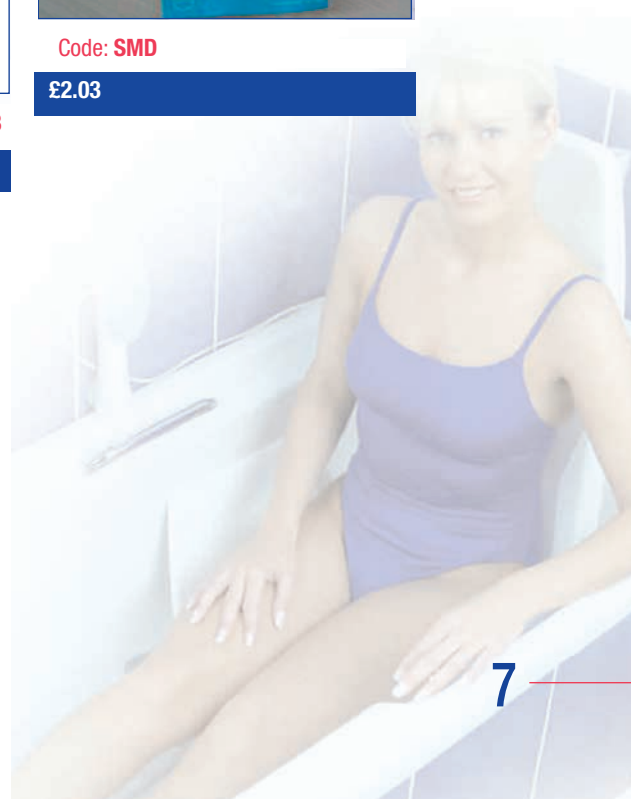
Syringe Medicine Dispenser

- Helps to administer the correct dose
- Medicine can be squirted directly into patients mouth with ease
- 5ml capacity (one teaspoon)



Code: **SMD**

£2.03



Medical Jewellery

Jewellery designed to hold vital information about the wearer in case of illness or accident. All medical information is on a strip that is securely contained in the capsule.

Medi-Tag Bracelet

- Designed for people with a wide range of hidden medical conditions
- Easily recognisable to medical professionals
- Choice of 7 pre-engraved medical conditions, or blank for own engraving
- Made from non-allergenic stainless steel with 215mm (8.5") stainless steel chain



Blank	Code: B01	Penicillin	Code: B02
Asthma	Code: B03	Epilepsy	Code: B05
Haemophilia	Code: B06	Diabetes	Code: B04
Heart Condition	Code: B07	On Steroids	Code: B08

Bracelet - £17.95

Medi-Tag Pendants

- Designed for people with a wide range of hidden medical conditions
- Easily recognisable to medical professionals
- Choice of 7 pre-engraved medical conditions, or blank for own engraving
- Made from non-allergenic stainless steel with 660mm (26") stainless steel chain



Blank	Code: T01	Penicillin	Code: T02
Asthma	Code: T03	Epilepsy	Code: T05
Haemophilia	Code: T06	Diabetes	Code: T04
Heart Condition	Code: T07	On Steroids	Code: T08

Pendant - £17.95

SOS Talisman Bracelet

- Expanding bracelet in two different widths with an information capsule



Ladies Stainless Steel bracelet - Width 12mm (½")

Code: **237501** **£60.00**

Gents Stainless Steel bracelet - Width 18mm (¾")

Code: **237500** **£60.00**

Ladies Gold Plated bracelet - Width 12mm (½")

Code: **237128** **£68.00**

Gents Gold Plated bracelet - Width 18mm (¾")

Code: **237125** **£68.00**

SOS Talisman Pendants

- All pendants have a chain 55cm (22")
- A presentation box is included. SOS logo is on one side

Stainless Steel - Plain Code: **225101**

£48.00

Stainless Steel

St. Christopher Code: **225102**

Stainless Steel

Snake & Staff Code: **225173**

£52.00



9 Carat Gold Plated - Plain Code: **222304**

£67.00

9 Carat Gold Plated

St. Christopher Code: **222305**

9 Carat Gold Plated

Snake & Staff Code: **222374**

£70.00

Tap2Tag Medical Alert Bracelet

- Store your own information, to access when needed
- In an emergency situation the first responder can access your information securely with any device that has access to the internet
- Strap can also be scanned with a mobile that is NFC enabled
- Also suitable for someone sporty or vulnerable
- Available in 6 sizes and 6 colours



£19.99

Cotton, Vinyl and Latex Gloves



Latex Powder Free Gloves

- Packs of 100. Choice of sizes: small, medium or large

Small	Code: 04866
Medium	Code: 04867
Large	Code: 04868
XL	Code: 04894

Vinyl Powder Free Gloves

- Packs of 100. Choice of sizes: small, medium or large
- Small Code: 04871 Medium Code: 04872 Large Code: 04873**

£6.99

Latex Powdered Gloves

- Packs of 100. Choice of sizes: small, medium or large
- Small Code: 04891 Medium Code: 04892 Large Code: 04893**

Vinyl Powdered Gloves

- Packs of 100. Choice of sizes: small, medium or large
- Small Code: 04886 Medium Code: 04887 Large Code: 04888**

All gloves types and sizes are the same price

£7.40

Cotton Gloves

- Protection for minor wounds and abrasions
 - Retains creams and ointments whilst working
 - Choice of sizes: small, medium or large
- Medium Code: SA8926 Large Code: SA8927**



£3.50

Gloves in a Bottle Moisturizing Lotion

- Effective moisturizing lotion for treating dry, itchy skin
- "Shields" skin from everyday activities that may otherwise damage or inhibit the skin's natural protective elements.
- Doesn't wash off, self drying and completely odourless.

Small = 60ml (2 oz) Code: GIAB-60

£6.00



Large = 240ml (8 oz) Code: GIAB-240

£10.50

Nitrile Blue Gloves

- Latex and powder free
- Made from synthetic polymer
- Stronger and more durable than latex
- Fingertip texture



Code: 9537 Medium
Code: 9538 Large
Code: 9539 X Large

£6.99 (box of 100)

Purell Advanced Hand Sanitizer

- No water or towel required
- Kills cold and Flu germs in 15 secs
- Also available as wipes



Personal Pump Bottle 60ml Code:

£1.99

Squeezy Bottle 118ml Code:

£2.90

Pump Dispenser Bottle 350ml Code:

£5.40

medical management



Hot and Cold Therapy

Biofreeze 4oz Gel

- The only analgesic with 'Ilex'. a herbal extract from a South American holly shrub, that extends the properties of the three analgesics contained in Biofreeze
- Deep penetrating and long lasting pain relief from arthritis, sore muscles and joints and backache
- Can be used before, during and after massage therapy, pre and post treatment, and for arthritis rehabilitation



Code: COL630

£10.50

Biofreeze 3oz Roll-On

- The only analgesic with 'Ilex'. a herbal extract from a South American holly shrub, that extends the properties of the three analgesics contained in Biofreeze
- Compact and easy application wherever you are
- Deep penetrating and long lasting pain relief from arthritis, sore muscles and joints and backache



Code: COL636

£11.50

Microwave Hot Water Bottle

- Water is safely absorbed onto special material that is permanently sealed in a thermal pack to avoid leaks, splashes or spills
- Heat is released progressively for longer lasting comfort and warmth. To heat, place the Hottie™ in the microwave and follow the heating instructions on the packet
- Smart, decorative cover releases heat gently for longer lasting warmth
- Covers may vary



- Assorted colours and fabrics

Code: 10301

£12.99 to £14.00

Biofreeze Spray

- The only analgesic with 'Ilex'. a herbal extract from a South American holly shrub, that extends the properties of the three analgesics contained in Biofreeze
- Comes in two sizes, to suit your needs
- Deep penetrating and long lasting pain relief from arthritis, sore muscles and joints and backache



16oz Code: COL695

£31.00

Biofreeze Pump Dispenser

- The only analgesic with 'Ilex'. a herbal extract from a South American holly shrub, that extends the properties of the three analgesics contained in Biofreeze
- Can be used before, during and after massage therapy, pre and post treatment, and for arthritis rehabilitation
- Deep penetrating and long lasting pain relief from arthritis, sore muscles and joints and backache



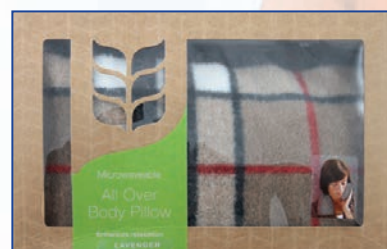
Pump Dispenser (16oz) Code: COL635

£27.95

Wheat Wrap

All Over Body Heat Pack provides soothing warmth and a gentle aroma to ease every day aches and pains

- Moulds to soothe any area of the body
- Filled with natural wheat and a relaxing lavender fragrance
- Non-removable cover. Variety of covers available
- Size approximately 41 x 12 cm.



Code: AOBW

£9.50

Electric Heat Pad

- 430mm x 305mm (17" x 12") pad with washable fleecy cover
- Flexible. Can be applied to all parts of the body
- Two heat settings with fitted plug. Approved to BEAB & European standards

Code: **BEUHK25**

£28.00

Magnetic version also available

Code: **BEUHK63**

£33.00



Hot/Cold Pack with Band

- Use for elbow, wrist, ankle and neck
- May be used for hot and cold therapy

STANDARD Code: **3973**

£8.99

First Aid Kits

Vehicle Kit

- Durable, moulded plastic case – ideal for dealing with minor incidents



Code: **MASK365T**

£19.98

Home & General Kit

- Lightweight and durable bag ideal for dealing with minor household incidents



Code: **MASK368T**

£19.98

Statutory Kit - 1 to 10 persons

- Durable moulded plastic case



Code: **MASK10T**

£19.98

bed and chair aids



Riser and Recliner Chairs

Sherborne Malvern 'Lift & Rise' Dual Motor Recliners

The attractive scroll arms are complemented by a soft fibre-filled back with excellent head and lumbar support.

Ease the backrest & footrest independently to reach any desired recline position including a near-horizontal full sleeping position.

Using the 'intelligent' fifth button you can then easily return both the backrest and the footrest together to the sitting position.

Malvern Petite

Designed with a shallower seat and a lower seat height for the smaller user

DIMENSIONS

Overall Width 79cm /31.0"
Seat Height 46cm/18"
Overall Depth 91.5cm /36"
Seat Depth 50cm /19.5"
Overall Height 97.5cm /38.5"
Seat Width 46.0cm /18"

Code: 1432

Malvern Small

DIMENSIONS

Overall Width 81cm /32"
Seat Height 50cm /19.5"
Overall Depth 96cm /38".
Seat Depth 52cm /20.5"
Overall Height 102.5cm /40.5"
Seat Width 46cm /18"

Code: 1452

Malvern Standard

DIMENSIONS

Overall Width 83.5cm /33"
Seat Height 50cm /19.5"
Overall Depth 99cm /39"
Seat Depth 54.5cm /21.5"
Overall Height 106cm /41.5"
Seat Width 48.5cm /19"

Code: 1462

Malvern Royale

The new Malvern Royale 'Lift & Rise' Recliner is designed for the larger build.

DIMENSIONS

Overall Width 88.5cm /35"
Seat Height 50cm /19.5"
Overall Depth 102.0cm /40"
Seat Depth 56cm /22"
Overall Height 112.0cm /44"
Seat Width 53.5cm /21.0"

Code: 1472

All Chairs regardless of model or size are the same price. The Royale, Standard and Small chairs are available as next day delivery to us in two specific fabrics. Various accessories are available, armcaps, lumbar cushion and head pillow. 2 & 3 Seater Settees are also now available

FEATURES

- Designed with full powerlift facility to assist sufferers of arthritis, rheumatism, MS, poor circulation and many other mobility restrictions
- New PERSONAL SHERBORNE 5 YEAR GUARANTEE on all Recliner actions, frames, motors, handsets and all other electrical parts
- Single-use Emergency Back-up fitted as standard and Multi-use Battery Back-up available at extra cost
- Supplied with castors for ease of movement. Front castors lift away to ensure stability in raised positions
- Supplied with lift-off back to make the task of delivering the Recliner into your home so much easier
- Maximum recommended weight 159kg (25 stones)
- Large choice of Soft Covers

Sherborne Malvern



£1170.00 (£975.00 ex VAT)

(please note these chairs have a dual motor)



Chair Accessories

Overchair Table

- Epoxy coated steel frame with easy clean laminate beech effect table top
- May be tilted for reading or other activities
- Four castors allow for easy movement
- Height adjustable from 695mm to 845mm (27"-33")



Code: **PR60195**

£105.50

Curved Table

- Stylish adjustable table that is easily manoeuvrable over single beds & also armchairs
- Unique easy to operate tilt mechanism. Light oak coloured melamine finish. Folds flat for storage or transportation. Table top 400mm x 1090mm (16" x 43")
- Height adjustment 670mm – 920mm (26" – 36"). Between legs 1000mm (40")

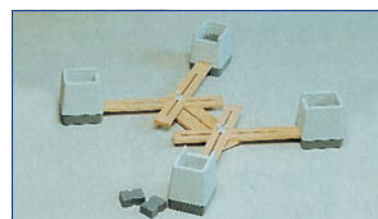


Code: **758**

£120.00

Linked Chair Raisers

- A set of four moulded blocks linked together for extra security. The system clamps together with wing nuts
- Height of raiser is adjusted by adding inserts to each block
- Raises height by either 3", 3¾ or 4½ (80mm, 90mm and 110mm)



Code: **AA3364**

£49.50 (£41.25 ex VAT)

Blox Chair Raisers

- Hardwood cube with three recesses of different diameters to suit different chair legs
- Will raise chair 3 inches. Sold as set of 4
- User weight 60stone



Code: **AA3306**

£29.99 (£24.99 ex VAT)

Cardiff Leg Rest

- Adjustable in height 380mm x 500mm (15" - 20"). Length 500mm (20"), width 320mm (12")
- Can be set to a slanting position Black padded top with concave shape for comfort, with chrome plated steel frame
- Available with either non-slip rubber tips or lockable castors



Without Code: **600**

£60.00

With Castors Code: **600C**

£75.76

Leg X Raisers

- Moulded sleeves with plastic inserts allowing height to be raised by either 80mm, 100mm or 130mm (3", 4" or 5")
- Integral fins give a tight fit over chair leg
- Maximum size of legs for Leg X Raisers – 45mm (3½")



Code: **AA3320**

£61.80 (£51.50 ex VAT)

Please see our range of pressure relief cushions on page 17



Bed Accessories

Padded Back Rest

- Chromium plated steel frame with flame retardant padded vinyl back
- Easily adjusted to one of four positions. Folds flat when not in use



Code: **AA3614**

£35.60

Adjustable Bed Back Rest

- Allows the user to sit or lie in bed at a choice of angles
- Easy adjustment by simple ratchet system
- Maximum user weight 127kg/20st



Code: **PR30230**

£39.90

Overbed Table

- Ideal for use where the access is restricted such as space under divan beds
- Height adjust: 650mm (25 1/2") - 960mm (38")
- Table size 630mm x 390mm (22" x 16 1/2")
- Available with or without castors



With Castors

Code: **PR60196**

£59.90

Split-Level Over Bed Table

- Main table tilts whilst smaller side piece remains level. Smooth glide castors aid easy movement
- Height adjustable: 710mm (28") - 1140mm 45" (45")



Code: **PR60171P**

£99.99

Bed Rail at Home

- This sturdy bed rail offers stability to those who have difficulty getting in and out of bed. It can be positioned anywhere under the mattress of most divan style beds. The two legs rest on the floor securely with rubber ferrules.
- Supplied flat packed, simple to assemble & install
- Height adjustable 83-93cm (32-36"). Width 508mm (20")

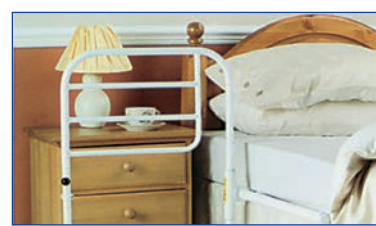


Code: **PR60242**

£68.90 (£57.42 ex VAT)

Bed Gate

- A cleverly designed bed grab rail that locks in place at the side of a divan bed. When getting into or out of bed, can be unlocked and pivoted to bridge the gap between the bed and wheelchair or walker
- Easily fitted by sliding the support frame between the bed base and mattress and securing with the safety straps provided



Code: **BG004**

£140.00 (£116.67 ex VAT)

Mattress Tilter

- Use at the foot of the bed, relieves symptoms of oedema varicose veins & low back pain
- Used at the bed head to assist with hiatus hernia and respiratory problem.
- Gives 130mm (5") tilt



Code: **SP14030**

£43.50

Rope Ladder

- Assists patient to sit up in bed unaided. Cords attach to bed legs
- Patient uses rungs to ease themselves up by hand over hand method
- Suitable for single or double bed



Code: **AA3660**

£19.40 (£16.17 ex VAT)

Patient Helper

- Designed to aid patient to sit up in bed unaided, Large based frame that slides under the bed to give stability
- Maximum height of frame 2m (6'6") Maximum user weight 125kg (20st)

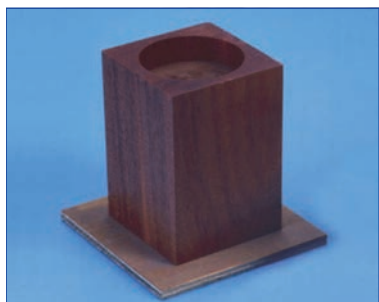


Code: **799**

£177.70 (£148.08 ex VAT)

Blox Bed Raisers

- Hardwood cube with one recess on the top and an additional wooden base for stability
- Specifically for beds
- To raise the bed 6". Sold as a set of 4
- User weight 60 stone



Code: **AA3308**

£42.00 (£35.00 ex VAT)

Bed Rail Bumpers

- Designed to fit a variety of rails and easily fastened into place
- Made from thick foam, and covered with a breathable, wipe-clean fabric
- Supplied in pair
- Size: 183cm x 40.5cm (72 x 16")



Code: **AA3440**

£139.30 (£116.08 ex VAT)

Rophi Cushion

- Wear between the knees at night to align spine and pelvis allowing the back muscles to relax to promote healing
- Medically tested and approved
- Medical stocking holds cushion in place
- Inhibits perspiration
- Washable at 40 degrees



Code: **ROPHI**

£21.00 (£17.50 ex VAT)

Elephant Feet Bed Raisers

- Four large plastic cones to raise bed height
- Easily installed with recessed top which holds bed in position
- Two heights: 90mm (3 1/2") or 140mm (5 1/2")



Small Code: **PR60700**

£24.30 (£20.25 ex VAT)

Large Code: **PR60740**

£44.90 (£37.42 ex VAT)

Folding Blanket Cradle

- To keep bedding from resting on painful joints or dressings
- Chromium plated tubular steel
- Slides under mattress which holds it in place
- Folds flat when not in use



Code: **613**

£38.50 (£32.08 ex VAT)

Fall Saver Chair / Bed Alarm Sensor Mats

- Flexible, thin & anti-bacterial
- Activated when the users weight is removed

All items can be sold separately



Bed Mat 76 x 39cm
Code: **M76795**

£83.00 (£69.00 ex VAT)

With Monitor

£233.00 (£194.17 ex VAT)



Chair Mat 38 x 30cm Code: **M76801**

£65.00 (£54.17 ex VAT)

With Monitor

£215.00 (£179.17 ex VAT)



Monitor

Code: **N35027**

£150.00 (£125.00 ex VAT)

Bed Rails

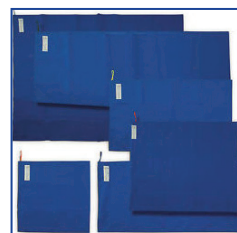
- Adjustable width cross braces fit under mattress
- To suit single, double, and 3/4 sized beds
- Chrome plated steel rails. Spring loaded buttons on clamps
- Gaps of 10.2 cm (4") between rails. Satisfies medical device requirements
- Easy to adjust



Single/Double Bed in Chrome Code: **08**

£99.00 (£82.50 ex VAT)

Slide Sheets



Ultra 72 x 70cm

Code: **7270**

£13.93 (£11.60 ex VAT)

Ultra Long 145 x 71cm Code: **14571**

£29.98 (£24.95 ex VAT)

Ultra Maxi 195 x 70cm Code: **19570**

£36.50 (£30.42 ex VAT)

Ultra Std 122 x 71cm Code: **12271**

£25.99 (£21.66 ex VAT)

Ultra Wide 122 x 100cm Code: **122100**

£36.35 (£30.29 ex VAT)

Fall Out Mat

High Density Foam covered in a wipe clean material. Folds easily for storage.

- L180cm x W60cm x D5cm



Code: **CMAT**

£145.85 (£121.54 ex VAT)

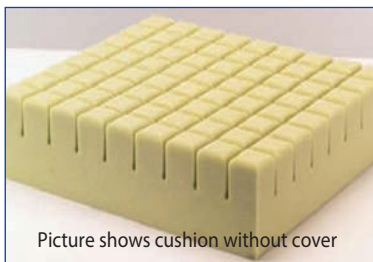
pressure relief products

To minimise the risk of pressure sores, glance at the variety of products now available designed to minimise the risk of discomfort and possible pain. Friendly advice is on hand to discuss the merits of each product before purchase.

Pressure Relief Cushions

Propad Original with Wipedown cover

- Dimensions 18" x 16" x 4"
- Designed for comfort and pressure reduction for someone over 15 stone.
- The cover is breathable as well as waterproof and provides a reduction in shear and friction



Propad Original with black smooth cover

- Designed for comfort and pressure reduction for someone over 15 stone.

46cm x 41cm x 10cm (18x16x4)

Code: M310/950

£83.94 (£69.95 ex VAT)

Propad Profile with Wipedown Cover

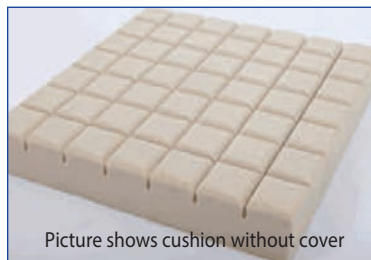
- Suitable for someone 'at risk' of developing pressure ulcers and who weighs less than 15 stone.
- The cover is breathable as well as waterproof and provides a reduction in shear and friction



46x41x10cm (18x16x4")

Code: 310/720

£83.94 (£69.95 ex VAT)



46cm x 41cm x 7.5cm (18x16x3)

Code: M370/720/P

£46.74 (£38.95 ex VAT)

Propad Profile with black smooth cover

- Suitable for someone 'at risk' of developing pressure ulcers and who weighs less than 15 stone.

46cm x 41cm x 7.5cm (18x16x3)

Code: M370/750/P

£46.74 (£38.95 ex VAT)

Propad Premier Cushion

- This cushion is a dual layer construction to ensure improved support. The Propad Premier Cushion is suitable for those considered 'At Risk' of developing pressure ulcers.
- The lower layer of the Cushion is constructed from a resilient high density foam and is shaped to deliver increased stability and support. The upper section of the cushion features a layer of castellated foam.
- Each castellation moves independently to deliver enhanced support and pressure area care to the client, as well as ensuring good air circulation, reducing the potential for sweating and associated skin tearing.



46cm x 41cm x 10cm (18x16x4)

With Wipedown Cover Code: M350/M750

£87.54 (£72.95 ex VAT)

46cm x 41cm x 10cm (18x16x4)

With Black Smooth Cover Code: M350/M950

£87.54 (£72.95 ex VAT)

Eco-Visco Cushion

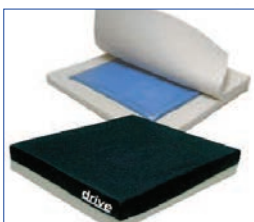
- Wipedown cover + additional grey cotton stretch cover
- Polyurethane foam topped with visco memory foam
- 17" x 17" x 4"
- Zipped on 3 sides
- User weight up to 25 stone



£21.00 (£17.50 ex VAT)

Gel Cushion

- 18x16 pressure reducing cushion to assist in prevention and treatment of pressure sores.
- Wipedown breathable cover and non slip bottom
- Max user weight 18 stone
- Available in two thicknesses



2" Code: 14888

£30.00 (£25.00 ex VAT)

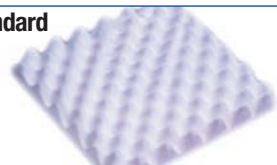
3" Code: 14886

£32.00 (£26.67 ex VAT)

Putnams Sero© Pressure Cushions

- Made from top grade 50 superior foam with integral air pockets, which enable heat to disperse
- These cushions help eliminate numbness and relieve pressure points. Indispensable during natural healing process.
- Recessed and cut out parts of the cushion are ideal for individual conditions
- Rigorous testing proved that these cushions were highly suitable for low to medium risk users, and ideal when prolonged sitting is necessary and comfort important
- The zipped polyester cover is hand washable
- Cushion Cover - Putnam Sero© cushions all come with zipped polyester cover

Standard



Standard: 7.5 x 42.5 x 41cm
(3 x 16¹/₄ x 16¹/₄") **Code: SPCS**

£22.50 (£18.75 ex VAT)

Bonyparts



Bonyparts: 7.5 x 42.5 x 41cm
(3 x 16¹/₄ x 16¹/₄") **Code: SPCBY**

£23.50 (£19.58 ex VAT)

Dr Huff



Dr Huff: 100 x 7.5 x 42.5 x 41cm
(3 x 16¹/₄ x 16¹/₄") **Code: SPCH**

£23.50 (£19.58 ex VAT)

Cushion



Coccyx



Coccyx: 7.5 x 42.5 x 41cm
(3 x 16¹/₄ x 16¹/₄") **Code: SPCGX**

£23.50 (£19.58 ex VAT)

Putnams Sero© Armchair Pressure Cushions

- Made from top grade 50 superior foam with integral air pockets, which enable heat to disperse, these cushions help eliminate numbness and relieve pressure points. Indispensable during natural healing process.
- Rigorous testing proved that these cushions were highly suitable for low to medium risk users, and ideal when prolonged sitting is necessary and comfort important
- The zipped polyester cover is hand washable
- Cushion Cover - Putnam Sero© cushions all come with zipped polyester cover

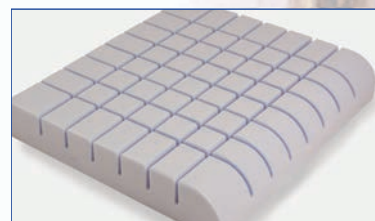


Polo: 7.5 x 42.5 x 41cm
(3 x 16¹/₄ x 16¹/₄") **Code: SPCP**

£23.50 (£19.58 ex VAT)

Putnams Theracube Pressure Cushion

- Deep cut arrangement of channels allow cool air to circulate, preventing heat from accumulating and creating a more comfortable experience for the user.
- Very lightweight and durable, with a wipe-down cover for easy cleaning.
- Ideal for use on armchairs & wheelchairs. Available in 2 sizes.



Regular 2" Code: TS

£42.80 (£35.67 ex VAT)

Maxi 4" Code: TM

£46.00 (£38.33 ex VAT)



Standard: 7.5 x 49.5 x 48cm

(3 x 19¹/₂ x 19") **Code: SPCA**

Dr Huff: 7.5 x 49.5 x 48cm

(3 x 19¹/₂ x 19") **Code: SPCADH**

Coccyx: 7.5 x 49.5 x 48cm

(3 x 19¹/₂ x 19") **Code: SPAC**

Bonyparts: 7.5 x 49.5 x 48cm

(3 x 19¹/₂ x 19") **Code: SPCAB**

Polo: 7.5 x 49.5 x 48cm

(3 x 19¹/₂ x 19") **Code: SPCAP**

£30.65 (£25.54 ex VAT)

pressure relief products

Putnam Sero® Deluxe Pressure Cushions

- Made from top grade 50 superior foam with integral air pockets, which enable heat to disperse, these cushions help eliminate numbness and relieve pressure points. Indispensable during natural healing process.
- Rigorous testing proved that these cushions were highly suitable for low to medium risk users, and ideal when prolonged sitting is necessary and comfort important
- The zipped polyester cover is hand washable

- Cushion Cover - Putnam Sero cushions all come with zipped polyester cover

Standard: 10 x 42.5 x 41cm

(4 x 16³/₄ x 16¹/₄"") **Code: SPCD**

Dr Huff: 10 x 42.5 x 41cm

(4 x 16³/₄ x 16¹/₄"") **Code: SPCDH**

Coccyx: 10 x 42.5 x 41cm

(4 x 16³/₄ x 16¹/₄"") **Code: SPCDC**

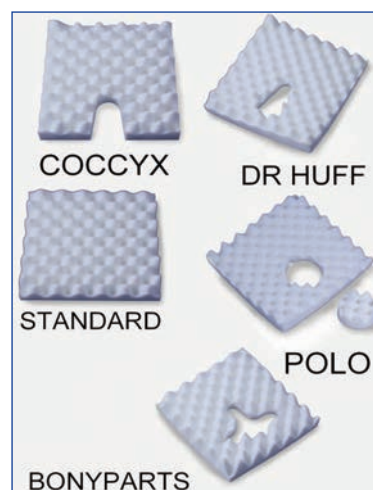
Bonyparts: 10 x 42.5 x 41cm

(4 x 16³/₄ x 16¹/₄"") **Code: SPCDB**

Polo: 10 x 42.5 x 41cm

(4 x 16³/₄ x 16¹/₄"") **Code: SPCDP**

£28.50 (£23.75 ex VAT)



Mattress Toppers and Fleece

Propad Mattress Topper. The surface is a series of geometrically cut cells which operate independently. The depth of cut is designed to achieve the lowest pressure at any one point and virtually eliminates shear and friction forces on the skin.

Lambswool Fleece

- Lambswool fleeces provide softness, warmth and comfort in bed or on the chair. Machine washable, and may be tumble dried. Choice of two sizes



Small 356 x 457mm (14"x18")

Code: WW1418

£8.00 (£6.67 ex VAT)

Medium 457 x 457mm (18"x18")

Code: WW1818

£9.25 (£7.71 ex VAT)

Large 686 x 762mm (27"x30")

Code: WW2730

£23.00 (£19.17 ex VAT)

Extra Large 686 x 1524mm (27"x60")

Code: WW2760

£44.00 (£36.67 ex VAT)

Propad Mattress Overlays

- Supplied with vapour-permeable two way stretch cover
- Designed to be used on top of an existing mattress
- Gives effective support for anyone at risk of developing pressure ulcers
- Conforms to body shape thus significantly reducing pressure on the vulnerable bony prominences



Single **Code: M210/D010**

£191.76 (£159.80 ex VAT)

Double **Code: M210DB/D010/DB**

£293.62 (£244.68 ex VAT)



Ripple Mattress Topper

- Hundreds of rounded contours which evenly spread body pressure and allows air to circulate
- The mattress topper should be placed on top of the existing mattress



Single 3' **Code: MT36**

£53.50 (£44.58 ex VAT)

Double 4'6" **Code: MT54**

£80.99 (£67.49 ex VAT)

King Size 5' **Code: MT60**

£107.00 (£89.17 ex VAT)

Bed Fleece with Elastic Corner Straps

- This pre-washed fleece measures 36x60 inches and has elastic corner straps to fix it securely to the bed.

Code: WW3630

£51.00 (£42.50 ex VAT)

Joint Protectors

Sheepskin Heel Protectors

- Soothing medical grade sheepskin fleece
- Padded velcro fastenings
- Wash on wool setting and tumble dry on cool/cold setting
- Sold in pairs



Code: **SWHC**

£24.00 (£20.00 ex VAT)

Lambswool Heel Protectors

- Medical grade lambswool
- Padded velcro fastenings
- Wash on wool setting and tumble dry on cool/cold setting. Sold in pairs



Code: **WWHC**

£11.88 (£9.90 ex VAT)

Synthetic Fleece Heel Protectors

- Soothing synthetic grade fleece lined protector
- Padded velcro fastenings
- Machine or hand washable. Sold in pairs



Code: **HPHC**

£8.50 (£7.08 ex VAT)

Bed Bootees

- Protects the foot, heel and ankle. Held in place by velcro straps. Waterproof sole and sold singly



Medium size 3-5: Code: **H236**

£13.60 (£11.33 ex VAT)

Large size 6-9: Code: **H234**

£14.05 (£11.71 ex VAT)

X Large size 9+: Code: **H233**

£17.00 (£14.17 ex VAT)

Lambswool Open Slippers

- Open design aims to protect the users' heels, feet & ankles.
- Pure wool on the inside. Velcro fastenings.



Small: 200-410mm (8"-15¹/₄") Code: **AA3906A**

Medium: 220-430mm (8³/₄"-17") Code: **AA3906B**

Large: 240-480mm (9¹/₂"-19") Code: **AA3906C**

£36.99 (£30.82 ex VAT)

Heel/Elbow Protectors

- A cup shaped pad that is held in place by a stretchable terry material sleeve
- The pad is tacked into the material to prevent slippage, but allows free movement of the joint
- To choose size measure limb circumference. Sold in pairs



Small: 200-410mm (8-15¹/₄")

Med: 220-430mm (8³/₄-17")

Large: 240-480mm (9¹/₂-19")

XL: 290-580mm (11¹/₂-22³/₄")

Code: **700001**

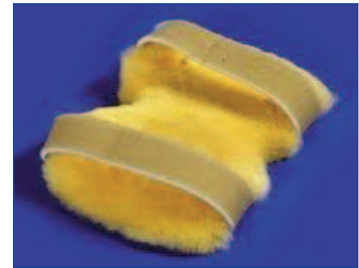
Code: **700002**

Code: **700003**

Code: **700004**

Sheepskin Elbow Protectors

- Medical grade sheepskin with padded velcro fastenings
- Wash on wool setting and tumble on cool/cold setting
- Sold in pairs



Code: **SWEP**

£19.90 (£16.58 ex VAT)

Lambswool Elbow Protectors

- Soothing medical grade lambswool fleece
- Padded velcro fastenings
- Wash on wool setting and tumble dry on cool/cold setting.
- Sold in pairs



Code: **WWEP**

£11.88 (£9.90 ex VAT)

Synthetic Fleece Elbow Protectors

- Synthetic medical grade fleece held in place by padded velcro fastenings
- Wash cycle 70°C
- Sold in pairs



Code: **HPEP**

£7.90 (£6.58 ex VAT)

£24.99

pressure relief products



Code: **ENTRIX**

£500.00 (£416.67 ex VAT)

Alternating Pressure Air Mattress Overlay - Entrix

The Entrix is a high quality air alternating mattress overlay system with internal pressure monitoring and low pressure alert. It is designed for low to medium risk patients and pressure ulcer treatment up to stage two. Suitable for home care and nursing homes environments.

- 16 x 5" air cells ■ Micro-ventilated air cells ■ Quick release coupling
- Weight capacity for patients up to 150kg (23.5 stone)
- 2 way stretch cover washable and fully water proof

Foot Care Accessories

Oppo Silicone Heel Cushions 5451

- Lessens strain on the Achilles tendon
- Easy to clean and long lasting
- Unique wedge-shape is ideal for correct body alignment



Small Code: **5451N1**

Medium Code: **5451N2**

Large Code: **5451N3**

£14.99

Oppo Heel Pads with Removable Pads

- Helps reduce impact on joints and vertebral column
- Reduces strain on ligaments, muscles & Achilles tendon
- May be used in normal shoes



Small Code: **5460S**

Medium Code: **5460M**

Large Code: **5460L**

£12.99

Oppo Sorbson® Heel Pad

- Offers effective heel protection
- Made from high-tech Sorbson® gel
- Reinforced with patented breathable foam for extra injury prevention



Small

Code: **5751S**

Medium

Code: **5751M**

Large

Code: **5751L**

Extra Large

Code: **5751XL**

Extra Extra Large

Code: **5751XXL**

£7.99

Anti Fatigue GelMax Heel Cushion

- Helps relieve foot, knee & lower back pain
- Helps prevent hard skin build up on heel
- Advanced gel design for excellent shock absorption
- Extra thick poron centre puts spring in your step



Men's Code: **31912** **Ladies** Code: **31911**

£11.75

Moulded Arch/Heel Support

- Cushions and supports arches under all types of impact
- Shock absorbing insert provides maximum comfort
- Helps relieve tired, aching feet
- Ideal for weak or fallen arches



Men's Code: **32012** **Ladies** Code: **32011**

£13.79

Oppo Arch Foam Insole 5003

- Patented foam keeps feet cooler & drier
- Built in arch for proper foot alignment
- Will not develop odour, even after extended use



Small Code: **5003S** **Medium** Code: **5003M**

Large Code: **5003L**

£7.99

Oppo Arch Pad 6750

- Controls the position of the foot
- Prevents arch pain
- Helps absorb shock, reduce friction and improve comfort



Small Code: 6750S **Medium** Code: 6750M
Large Code: 6750L

£7.99

Oppo Cushion Air Foam Insoles 5001

- Keeps feet cool & dry with patented breathable foam
- Excellent shock absorption reduces foot pain and prevents body fatigue
- Designed to easily fit all types of shoe



Code: 5001

£4.75

Oppo Massage Air Foam Insoles 5002

- Reduces foot pain and lower body fatigue
- Helps improve blood circulation. Keeps feet cool and dry with patented breathable foam



Code: 5002

£4.99

Oppo Magnetic Foam Insoles

- Fitted with small magnets that stimulate nerve endings, improving blood circulation
- Breathable foam keeps feet cool & dry
- Excellent durability and shock absorption



Small Code: 5601S **Medium** Code: 5601M
Large Code: 5601L

£7.99

Oppo Sorbson® Gel Insoles

- Made from high-tech Sorbson® gel for extra protection
- Helps relieve pain & fatigue in feet, legs and lower back from prolonged standing or walking
- Breathable cotton lining



Small Code: 311A
Medium Code: 311B
Large Code: 311C
Extra Large Code: 311D

£16.99

Oppo Silicone Elastimax Insoles 5401

- Thicker silicone insoles absorb higher impact
- Regulates the distribution of pressure caused by bodyweight on foot
- Softer inserts around the metatarsal & heel areas for cushioning



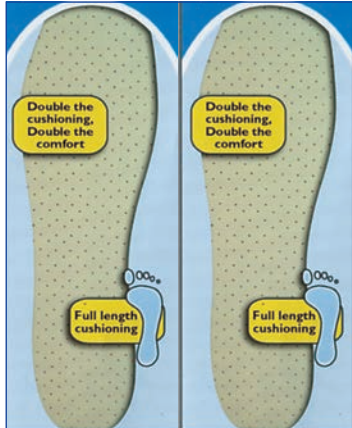
Extra Small Code: 5401N1
Small Code: 5401N2
Medium Code: 5401N3
Large Code: 5401N4
Extra Large Code: 5401N5

£25.99

foot care products

Double Cushion Full Length Insole

- Extra thick cushioning for double the comfort
- Ventilated for improved airflow
- Dual layer design helps improve shoe fit and comfort
- Suitable for anyone who needs cushioned protection



Men's Code: 38021 Ladies Code: 38020

£4.60

Pronation Orthotic Insoles

Pain relieving Orthotic Insoles
Supportive cushioning Insoles

- Helps with arch pain, collapsing arches, excessive pronation
- Helps correct body posture
- Aligns feet correctly to the ground



Sizes: 3-6, 6-8 & 8-11

£16.98

Triad 3/4 Length In-Sole

- Helps relieve knee, leg and back pain
- Superior comfort for arch, heel & ball of foot. Reduces shock to heels, knees & ankles
- Ideal for those on their feet all day



Men's Code: 32022 Ladies Code: 32021

£17.11

Corn Wraps with Gel

- Help relieve and prevent painful corns
- Give all-round toe protection
- Reduce friction and shearing
- Soften and moisturise the skin and cuticles



Code: 31562

£3.42

Oppo Gel Bunion Sleeve 6741

- Provides comfort of Hallux (big toe)
- Keeps toe in correct position
- Comfortable gel structure, lined with nylon and spandex



Code: 6741

£8.50

We now stock these and other Scholl products

Toe Protectors

- Cushions, protects and prevents rubbing. Reduces friction and shearing to the skin
- Softens and moisturises the skin. Can be trimmed to size



Code: 31556

£3.42

Toe and Ball of Foot Cushion

- Reduces discomfort and pain under the ball of the foot
- Superb pressure and friction relief. Helps prevent corns and hard skin
- Cushions and protects

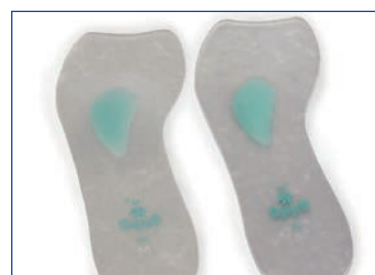


Code: 35055

£5.72

Oppo Metatarsal Silicone Insoles

- Prevents pressure & shock impacts on the heel
- Helps realign metatarsal heads
- Relieves severe forefoot discomfort and callus development



Small Code: 5405N1

Medium Code: 5405N2

Large Code: 5405N3

£16.99

Oppo Gel Metatarsal Pad

- Removable raised pad provides comfort
- Gently lifts the metatarsal arch to relieve tenderness
- Ideal for high heels or ballet shoes



S/M Code: 6442SM L/XL Code: 6442LXL

£8.50

Oppo Hallux Straightener

- Helps realign Hallux Valgus deformities
- Reduces pain caused by problems with big toe. Comfortable gel structure



Small Code: 6420S Medium Code: 6420M

Large Code: 6420L

£3.99

Oppo Hallux Valgus Protector 6440

- Pad adjusts to contour of toe and toe joint
- Relieves bunion pressure
- Suitable for wearing most of the day



Small Code: 6440S Large Code: 6440L

£8.50

supports & braces

Neck, Shoulder, Lumbar, Elbow, Wrist, Hand and Ankle Supports/Braces

Oppo Rigid Adjustable Collar

- Semi-rigid support for use in soft tissue damage, osteoarthritis and whiplash injuries
- Completely adjustable height to provide flexion or extension positioning
- Vinyl-covered foam padding for patient comfort and easy cleaning

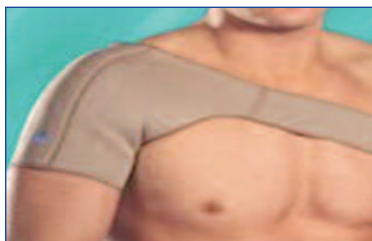


Small Code: 4090S
Medium Code: 4090M
Large Code: 4090L

£10.99

Oppo Shoulder Support

- Available in four sizes



Small Code: 1072S **Medium** Code: 1072M
Large Code: 1072L **X Large** Code: 1072XL

£23.99

Elbow Wrap

- One Size Fits All



Code: 2185

£6.25

Neck Collars

- A range of soft collars offering comfort & support



Shallow Short Code: JPMN750
Shallow Medium Code: JPMN751
Shallow Long Code: JPMN752

£7.00

Medium Medium Code: JPMN753
Medium Long Code: JPMN754

£8.00

Deep Short Code: JPMN755
Deep Medium Code: JPMN756
Deep Long Code: JPMN757

£8.00

Oppo Elbow Support

- Provides heat, support and compression to the elbow joint and area without restricting flexibility. Helps avoid the misery and frustration resulting from an injured or weak elbow
- Retains heat to relieve pain



Small Code: 2085S
Medium Code: 2085M
Large Code: 2085L
X Large Code: 2085XL

£6.25

Tennis Elbow Support

- One Size Fits All



Code: 1086

£8.25

Thermoskin Arthritic Elbow Support

- Provides comfortable compression and support for the elbow
- Helps in the treatment and prevention of injury
- Innovative 2-way elastic contours



Small Code: 83617
Medium Code: 84617
Large Code: 85617
Extra Large Code: 86617
Extra, Extra Large Code: 87306

£7.25

Freedom Wrist Brace

- Comfortable wrist brace with a cut-away design to allow movement whilst providing support. Soft Lycra binding prevents chafing of the thumb web
- Ideal for broken wrists, forearm fractures, Carpel Tunnel Syndrome, arthritis, RSI and tendonitis



Right Small Code: PR/FWBN/23
Left Small Code: PR/FWBN/13
Right Medium Code: PR/FWBN/25
Left Medium Code: PR/FWBN/15
Right Large Code: PR/FWBN/27
Left Large Code: PR/FWBN/17
Right X Large Code: PR/FWBN/28
Left X Large Code: PR/FWBN/18
Right X Small Code: PR/FWBN/22
Left X Small Code: PR/FWBN/12

£13.95

Oppo Wrist & Thumb Support

- Thumb orthose especially suitable for rheumatics, relieves pain & stabilises CMC joint
- Stabilisation of thumb by reinforced metal stick
- Adjustable hook & loop straps ensure comfortable fit & stabilisation during activities
- The thermal wrist support for tenosynovitis, carpal tunnel syndrome & general wrist support



Small Code: 1089S
Medium Code: 1089M
Large Code: 1089L
Extra Large Code: 1089XL

£11.25

Thermoskin Arthritic Wrist Hand Wrap

- Designed with an adjustable Velcro closure to allow arthritis sufferers ease of use and compression variation.
- Part of the Thermoskin arthritis range



Right Small Code: 83304
Left Small Code: 83303
Right Medium Code: 84304
Left Medium Code: 84303
Right Large Code: 85304
Left Large Code: 85303
Right X Large Code: 86304
Left X Large Code: 86303
Right X Small Code: 82304
Left X Small Code: 82303

£19.15 (£15.96 ex VAT)

Oppo Wrist Support



Small Code: 228IS
Medium Code: 228IM
Large Code: 228IL

£5.25

Thermoskin Carpel Tunnel Brace

- Lined with Trioxon® for extra comfort
- Thermoskin accelerates healing and reduces swelling. Available for left and right wrist

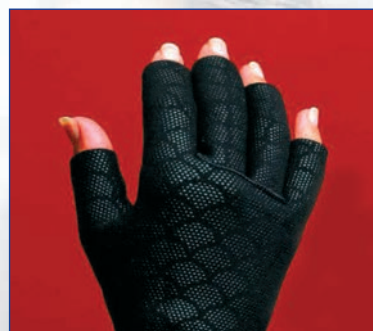


Right Small Code: 83243
Left Small Code: 83242
Right Medium Code: 84243
Left Medium Code: 84242
Right Large Code: 85243
Left Large Code: 85242
Right X Large Code: 86243
Left X Large Code: 86242

£20.42 (£17.02 ex VAT)

Thermoskin Arthritic Gloves (Pair)

- Promotes heat retention and healing
- Firm, comfortable fit. Lightweight, breathable fabric allows free ventilation
- Anatomically shaped for improved fitting. Washable



Extra Small Code: 82199
Small Code: 83199
Medium Code: 84199
Large Code: 85199
Extra Large Code: 86199

£21.45 (£17.87 ex VAT)

supports & braces

Oppo Wrist & Thumb Support

- Three removable metal splints in thumb area for improved stability
- Additional strap for stabilization during activities
- Supports the wrist and thumb, leaving the palm free
- Ideal for sprains of thumb, ligament support and minor fractures of the thumb



Small Code: 1289S
Medium Code: 1289M
Large Code: 1289L
Extra Large Code: 1289XL

£13.99

Oppo Wrist Support and Brace

- Helps relieve pain through pressure of injured wrists
- Adjustable hook and loop strap ensures comfortable fit and stabilisation during activities
- Provides firm support around weakened and strained areas of wrist
- Universal size for easy fit



One Size Fits All Code: 1081

£8.25

Oppo Wrist Splint

- Provides compression for weak or overstressed wrists
- Spoon may be removed as healing progresses
- Stay can be moved to fit either left or right hand



Small Code: 1082S
Medium Code: 1082M
Large Code: 1082L
Extra Large Code: 1082XL

£13.99

Oppo Wrist & Thumb Support

- Thumb orthose especially suitable for rheumatics, relieves pain and stabilises CMC joint
- Stabilisation of thumb by reinforced metal stick
- Adjustable hook and loop straps ensure comfortable fit and stabilisation during activities
- The thermal wrist support for tenosynovitis, carpal tunnel syndrome and general wrist support



Small Code: 1088S
Medium Code: 1088M
Large Code: 1088L
Extra Large Code: 1088XL

£12.99

Oppo Wrist & Thumb Support

- Elastic hook and loop fastener ensures comfortable fit & stabilisation during activities
- The thermal wrist support for tenosynovitis, carpal tunnel syndrome & general wrist support
- Provides firm support around weakened and strained areas, including the thumb. Retains heat to relieve pain



Small Code: 1084S
Medium Code: 1084M
Large Code: 1084L
Extra Large Code: 1084XL

£12.99

Oppo Wrist Splint and Brace

- Soft nylon plush bonded to polyurethane foam for breath ability



One Size Left Code: 4082L
One Size Right Code: 4082R

£13.25

Mesh Arm Sling

- Available in four sizes



Small Code: 3289S
Medium Code: 3289M
Large Code: 3289L
X Large Code: 3289XL

£6.25

Thermoskin Elastic Knee Support

- Innovative 2-way elastic contours to the shape of the affected area – providing even compression to reduce swelling and support the affected part



Small Code: 83608
Medium Code: 84608
Large Code: 85608
Extra Large Code: 86608

£7.25 (£6.04 ex VAT)

Extra Small Code: 82300
Extra, Extra Large Code: 87300

£22.45 (£18.71 ex VAT)



supports & braces

Oppo Ankle Support

- Ideal for weak or unstable ankles, sprains, strains and twistin



Small Code: 2001S
Medium Code: 2001M
Large Code: 2001L
X Large Code: 2001XL

£6.25

Oppo Ankle Support With Velcro

- Open toe and heel design allows full range of movement



Small Code: 1004S **Medium** Code: 1004M
Large Code: 1004L **X Large** Code: 1004XL

£12.99

Silicon Ankle Support

- Rhythmic massage action on soft tissues, joint capsules and ligaments



Small Code: 1409S
Medium Code: 1409K
Large Code: 1409L
X Large Code: 1409XL

£18.99

Oppo Open Toe & Heel Ankle Support

- Open toe and heel design allows full range of movement



Small Code: 1001S
Medium Code: 1001M
Large Code: 1001L
X Large Code: 1001XL

£8.25

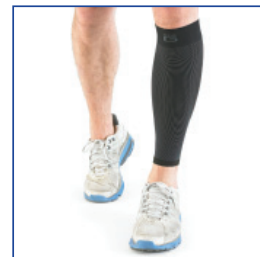
Neo G Airflow Calf/Shin Support

- Multi Zone compression
- Suitable for sporting and occupational activities
- Breathable fabric helps control moisture
- Slimline, snug and dynamic design

To know your size, measure calf circumference (cm)
Small (32-36cm)
Medium (36-40cm)
Large (40-44cm)
XL (44-48cm)

Code: 723

£15.60



Neo G Airflow Ankle Support

- Multi Zone compression
- Suitable for sporting and occupational activities
- Breathable fabric helps control moisture
- Slimline, snug and dynamic design

Small (15-19cm)
Medium (19-23cm)
Large (23-28cm)
XL (28-33cm)

Code: 724

£16.20



Neo G Airflow Knee Support

- Multi Zone compression
- Suitable for sporting and occupational activities
- Breathable fabric helps control moisture
- Slimline, snug and dynamic design

Small (30-34cm)
Medium (34-38cm)
Large (38-43cm)
XL (43-48cm)

Code: 725

£16.20



supports & braces

Travel Stockings

Anti DVT Flysafe Travel Sock

Essential for all travellers or alternatively for those who experience long periods of inactivity. These socks help stimulate circulation by means of graduated compression and can reduce the risk of Deep Vein Thrombosis.

- Ideal for plane, coach, car and train journeys
- Graduated compression Value Class 1, 15-19mmHg
- Help to stimulate circulation
- Can aid the prevention of DVT

63% Cotton, 27% Polyamide, 10% Elastane

Please Note

These socks are not suitable for diabetics. If you have a lot of swelling we recommend that you check with a nurse or health professional that the compression is not too much for you.

Colours: Black, Navy, Oatmeal

Sizes: Small (shoe size 3-6), Medium (shoe size 6-9), Large (shoe size 9-12)

Code: **AE**

£12.00

Washing Instructions

Wash on a 40° synthetic wash.
Do not dry clean.
Do not bleach.
Do not tumble dry.
Do not iron.



Back and Abdominal

Elastic Abdominal Binder

- Strong comfortable support



Small Code: **2162S** **Medium** Code: **2162M**
Large Code: **2162L** **X Large** Code: **2162XL**
XX Large Code: **2162XXL**

£16.99

Maternity Support Belt

- Belt expands to accommodate growth during various stages of pregnancy
- Hook and loop closure for easy application



Small Code: **2062S** **Large** Code: **2062L**

£18.99

Oppo Back Support

- One Size Fits All



Code: **1063**

£25.99

Thermoskin Lumbar Support

- Thermoskin increases the blood flow to damaged tissue, thus speeding the healing process
- Light compression counteracts swelling
- The skin can ventilate whilst the support is worn, which in turn aids comfort
- Ideal for injury caused through impact and repetitive strain
- Double pull facility allows the support to be readjusted without having to take off



Small Code: **83227** **Medium** Code: **84227**
Large Code: **85227** **X Large** Code: **86227**

£45.14 (£37.62 ex VAT)

Oppo Abdominal Binder

- Indicated for abdominal constraint post operative, post childbirth



Small Code: 2260S
Medium Code: 2260M
Large Code: 2260L
X Large Code: 2260XL
XX Large Code: 2260XXL

£17.99

Oppo Sacro Lumbar Support

- Provides support for lower back injuries



Small Code: 1064S
Medium Code: 1064M
Large Code: 1064L
X Large Code: 1064XL
X X Large Code: 1064XXL

£30.99

Oppo Sacro Lumbar Support

- Four flexible steel stays
- Four aluminium stays
- Convenient hook and loop closure



Small Code: 2164S
Medium Code: 2164M
Large Code: 2164L
X Large Code: 2164XL
X X Large Code: 2164XXL

£33.99

Oppo Sacro Lumbar Support

- Designs with straps crossing at the back and fastened in foam

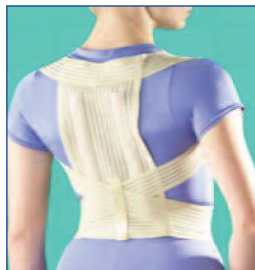


Small Code: 2264S
Medium Code: 2264M
Large Code: 2264L
X Large Code: 2264XL
X X Large Code: 2264XXL

£31.99

Posture Brace with Steel Stay

- Suitable for poor posture, osteoporosis and arthritis
- Triangle configuration correctly distributes pressure to tip of shoulder
- Additional stays help reinforce back alignment and proper posture. Corrects poor posture and prevents slouching



Small Code: 2275S
Medium Code: 2275M
Large Code: 2275L
X Large Code: 2275XL

£21.99

Oppo Waist Support Belt

- Effective in toning and shaping waistline when wearing it during exercise



One Size Code: 1060

£15.25

Post-Op Abdominal Support

- Indicated for abdominal constraint post operative, post childbirth



Small Code: 2060S **Medium** Code: 2060M
Large Code: 2060L **X Large** Code: 2060XL
X X Large Code: 2060XXL

£16.99

Biomagnetic Lumbar Supports

- Scientific studies have shown that magnetic waves have effective therapeutic properties that are believed to increase healing by improving blood circulation
- Made from soft durable materials and incorporates 20 powerful 1000+ gauss magnets
- Support weak lumbar area and muscles and enhance strength and endurance
- Hand washable. Lifetime power guarantee



Small / Medium Code: HSMTB1

Large/X Large Code: HSMTB2

£30.00

bathing aids

Powered Bath Lifts

Taking a bath can be an enjoyable experience. The therapeutic benefits of soaking in warm water can relax muscles and ease joints, soothing away aches and pains.

For those with limited mobility, getting in or out of the bath can sometimes present a problem. Our bath lifts offer a practical solution allowing the user to retain their independence by providing the ultimate in safety, comfort and reliability.

Deltis Bath Lift

- Simple to put in and take out of the bath. The Deltis separates into two parts for easier lifting and carrying
- No servicing required. One of the lightest reclining bath lifts available
- The heaviest part weighs 6.8Kg (15lb) making transport and storage simple
- The all plastic construction is easy to clean. Large side flaps allow easy transfer in and out of the bath
- Occupying only a small amount of space, the frame of the Deltis is suitable for most bath tubs
- Latest battery technology ensures high performance and the small, lightweight hand controller is simple to use and floats when not in use, enabling easy recovery if dropped into the water
- The lithium ion batteries have no memory effect and very low self-discharging, giving improved performance and battery life. Service free motor

- Seat size 500 x 375mm (19 3/4 x 14 3/4") excluding the flaps

No cover

£355.00 (£295.83 ex VAT)

and the **SPLASH BATH LIFT**

£390.00 (£352.00 ex VAT)



Neptune Bath Lift

- Sits further back in the bath than most other lifts, thus giving extra leg room. Strong suction feet give great stability whilst in use
- No integral padding means that the seat is easy to clean for exceptional hygiene
- Operates from rechargeable battery (charger included)
- Padded covers now available



Code: **NEPA**

£475.00 (£395.83 ex VAT)

Bath Seats and Boards

Kingfisher Bath Board

- Lightweight plastic board with integral drainage slots, ideal for showering
- Suitable for use with baths from 650 – 700mm (26 – 28"). Overall length 690mm (27 1/4")
- Independently adjustable legs ensure secure fit
- Optional handle for added stability when transferring on and off. Maximum user weight 31 stone



With Handle Code: **HA0686**

£28.00 (£23.33 ex VAT)

Without Code: **HA0680**

£26.00 (£21.67 ex VAT)

Kingfisher Bath Seat

- Choice of 150mm (6") or 200mm (8") by adding or removing extension brackets
- Integral drainage slots allow water to run away
- Quick release tabs for easy removal
- Lightweight and easy to clean



Small 6" Code: **HA0670**

£26.89 (£22.41 ex VAT)

Medium 8" Code: **HA0671**

£26.89 (£22.41 ex VAT)

Large 10" Code: **HA0673**

£29.30 (£24.42 ex VAT)

X Large 12" Code: **HA0674**

£31.50 (£26.25 ex VAT)

Medeci Bath Boards

- Broad, slatted seat, available in three lengths to suit most baths and fits across the top of the bath to allow bathing/showering while seated
- Measured from outer edge of top rim to the wall. NOTE: at least 1½" (38mm) width of rim required on the wall side
- All plastic construction makes the board easy to clean. Held securely in position using non-slip rubber brackets



670mm (26½") Code: **F19686**

700mm (27½") Code: **F28134**

£33.50 (£27.92 ex VAT)

720mm (28½") Code: **F28146**

£33.45 (£27.88 ex VAT)

Bathroom Grab Rails

Chrome Grab Rails

- Knurled chrome finish that is corrosion resistant
- Suitable for use anywhere round the home
- 25mm (1") diameter
- Circular fixing plates with 3 fixing points per plate
- Various lengths available



300mm (12") Code: **GR12C**

£7.75 (£6.50 ex VAT)

450mm (18") Code: **GR18C**

£14.00 (£11.67 ex VAT)

600mm (24") Code: **GR24C**

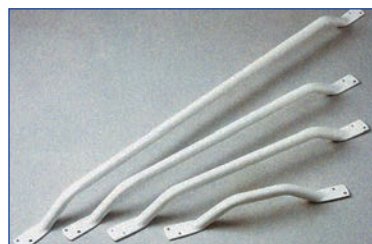
£15.00 (£12.50 ex VAT)

800mm (32") Code: **GR32C**

£16 (£13.33 ex VAT)

Steel Grab Rails

- Plastic coated steel rails
- Made from 25mm (1") steel tubing
- Suitable for indoor and outdoor use
- Various lengths available



445mm (17½") Code: **AA6000**

£7.15 (£5.96 ex VAT)

715mm (28") Code: **AA6003**

£9.19 (£7.66 ex VAT)

915mm (36") Code: **AA6006**

£12.20 (£10.17 ex VAT)

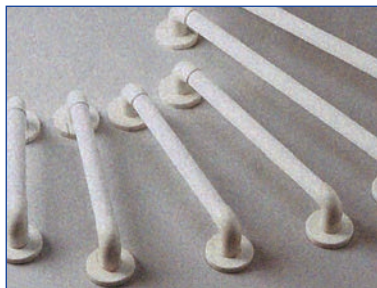
1200mm (48") Code: **AA6008**

£14.25 (£11.87 ex VAT)

bathing aids

Fluted Grab Rails

- Plastic rails with circular fixing plates with covering disc that clips over the screws to provide full insulation
- Rails are fluted to give extra grip when hands are wet and are ideal for use in bathrooms, corridors and stairways
- Knurled finish for superior grip



300mm (12") Code: AA6061F

£10.15 (£8.46 ex VAT)

380mm (15") Code: AA6062F

£13.20 (£11.00 ex VAT)

410mm (16") Code: AA6063F

£14.25 (£11.88 ex VAT)

460mm (18") Code: AA6064F

£15.25 (£12.71 ex VAT)

610mm (24") Code: AA6065F

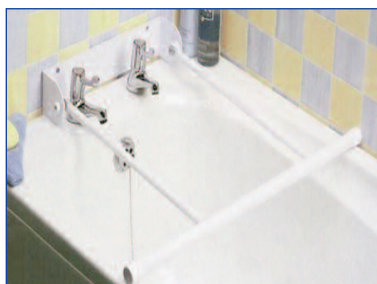
£17.85 (£14.88 ex VAT)

910mm (36") Code: AA6066F

£20.00 (£16.67 ex VAT)

Hampshire Wall Rail

- Suitable where taps are not strong enough, or able to take tap fitted rails
- Can only be fitted to a solid wall
- Folds upright when not in use



Code: AA1940

£53.75 (£44.79 ex VAT)

Delux Bath Tub Grab Rail

- Attaches to the side of the bath to give confidence and stability when getting in and out of the bath
- Fixes to the bath with padded stainless steel clamp
- Height above bath side 380mm (15")
- Clamp width adjustment 80 -180mm (3" - 7")



Code: PR45422

£40.00 (£33.33 ex VAT)

Devon Drop Down Rail

- Twin arm rail that provides support by the bath, toilet or shower
- Folds upright against the wall when not in use



Large Code: AA2012

£67.00 (£55.83 ex VAT)

Small Code: AA2010

£62.00 (£51.67 ex VAT)

Harrogate Shower Chair on Wheels

- Plastic curved seat for comfort. Four 3" castors with brakes
- Seat Width 17" – width between arms 22" weight 8.8kg
- Max user weight 26 stone. Variations on this chair are also available



Code: AA1640

£139.20 (£116.00 ex VAT)

Shower Stools

Padded Corner Shower Stool

- Tripod design allows stool to fit neatly into the corner of the shower.
- Seat covered with waterproof padded vinyl for comfort.
- Ideal for virtually any shower unit, this stool includes non-slip rubber feet and a height adjustable frame.



Code: **AA1568**

£91.25 (£76.04 ex VAT)

Sherwood Perching Stools

- Sturdy stool, padded, slightly tilted seat
- Height adjustable from 500-645mm (20" - 25")
- Widely spaced legs gives extra stability



A. 530mm (21") Code: **AA1522**

£56.15 (£46.80 ex VAT)

B. 530mm (21") Code: **AA1534**

£73.20 (£61.00 ex VAT)

C. 530mm (21") Code: **AA1536**

£86.15 (£71.80 ex VAT)

Swift Shower Chair

- Easily assembled and adaptable to suit different needs
- Ferrules prevent slippage on the floor and anti-slip pattern on the seat and back offers stability and reassurance to the user
- Lightweight and may be flat packed for easy storage and transportation
- Adjustable seat height 440 - 590mm (17 1/2" - 23 3/4")
- Maximum user weight 130kgs (20 stone)



530mm (21") Code: **AA1582**

£240.00 (£200.00 ex VAT)

Standard Stool

- Height adjustable seat 510 - 660mm (20" - 26")
- Handle either side to aid sitting and standing. Non-marking non slip rubber feet.
- NOTE: Not for use in the bath

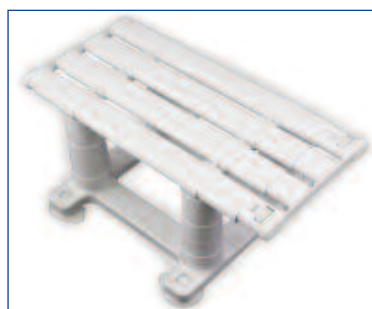


Code: **539L**

£41.56 (£34.63 ex VAT)

Medeci Bath Seat

- Slatted seat available in three sizes 150, 200 & 300mm (6", 8" & 12") ideal for bathing or showering
- Adjustable width to suit most baths
- Anchored by suckers for added stability



Small - 150mm (6") Code: **F24256**

£56.00 (£46.67 ex VAT)

Medium - 200mm (8") Code: **F24268**

£59.00 (£49.17 ex VAT)

Large - 300mm (12") Code: **F24279**

£62.50 (£52.08 ex VAT)

Wall Mounted Shower Seat with Legs

- Epoxy coated aluminium frame
- Adjustable legs
- Folds flat to the wall when not in use



Code: **4238**

£82.50 (£68.75 ex VAT)

Bathing Sundries

Bendable Sponges

- The handle can be bent and straightened multiple times to aid cleaning hard to reach areas
- Heat is not required to bend the handle
- Sponge shapes available are round or contoured



Round Code: 920566 Contour Code: 920567

£8.05 (£6.71 ex VAT) £8.70 (£7.25 ex VAT)

Inflatable Shampoo Basin

- Simple and sturdy PVC basin that is easily inflated
- Ideal for use in bed. Drains by means of a one way hose
- 660mm x 610 x 150mm (26" x 24" x 6")



Code: PR45016

£21.80 (£18.17 ex VAT)

Bath Brush & Cellulite Massager

- Made from Hemu Wood, Rubber, Natural Bristle



Code: ME9534

£5.10

Flannel Strap

- Cotton flannel strap with handles, used to reach awkward places
- Coarse foam on one side to use as skin toner



Code: AA1856

£18.60

Waterproof Protectors

- Protectors that easily slip over a cast or dressing for protection when taking a bath or shower. Re-usable
- Not suitable for open or undressed wounds or when swimming



Adult Arm Code: M70

£17.00

Adult 1/2 Leg Code: M80

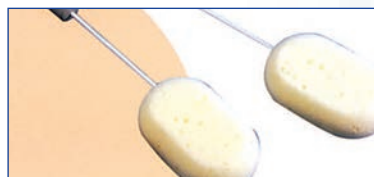
£18.40

Adult Full Leg Code: M100

£21.00

Long Handled Sponge

- A soft sponge on coated wire with built up handles. Flexible bendable handle



381mm (15") Code: AA1831B

£12.95 (£10.79 ex VAT)

610mm (24") Code: AA1831CY

£13.85 (£11.54 ex VAT)

Long Handled Bath Brushes

- Bath brush with a long wooden or plastic handle
- Removable head allows the brush to be used without the handle



Code: V465

£4.74

Plastic Moulded Hair Rinsing Tray

- Moulded neck rest allows comfortable ease of use. Constructed of sturdy vacuum formed plastic
- Slot at the drainage end makes hanging up for storage simple



Code: AA1872

£33.25

Loofah Bathing Sponges

- Extremely effective when used dry to remove dirt before a shower or bath.
- May be used wet, during a wash for an equally satisfying clean. However take care to dry the loofah afterwards as it will hold bacteria like many sponges do if it is left in the basin or shower stall.



Mitten Code: V462

£3.80

Strap Code: V463

£5.10

Toe Washer

- Long stem with built up handle and a flat wire frame covered in a white towelling pad to wash between the toes
- Length 710mm (28"). Two towelling pads are included. Replacement pads available



Toe Washer Code: **AA1847**

£15.20 (£12.67 ex VAT)

Replacement Pads Code: **AA184601**

£6.20

Sponge Toe Washer

- Ideal for those who find it difficult to reach to clean their toes and feet
- Unique sponge head for cleaning between the toes
- Lightweight plastic handle can be shaped



Code: **HA0790**

£8.99 (£7.49 ex VAT)

Inflatable Bath Pillow

- Soft, inflatable pillow with suction cups that stick to the head of the bath
- Made from terry towelling for comfort
- Available in pink, blue, yellow & white



White Code: **BPW**

£8.00

Croydex Rubagrip Bath Mats

- Heavyweight natural rubber. Suction cups grip bath firmly
- Hand washable. Available in a range of colours & sizes. Not suitable for surfaces that have anti slip



BATH MAT

Small Code: **181122**

£7.99

Medium Code: **181422**

£9.99

Large Code: **182622**

£12.99

Croydex Rubagrip Shower Mats

- Heavyweight natural rubber. Suction cups grip bath firmly
- Hand washable. Available in a range of colours & sizes. Not suitable for surfaces that have anti slip



SHOWER MAT One Size Code: **AG183622**

£12.99

Bath Step

- This aluminium step is height adjustable and has non slip feet.
- It weighs 1.3kg and has a max user weight of 19stone



Code: **PR46293**

£41.90

Modular Bath Step

- Large surface area with textured surface for safety
- Supplied as single steps of 100mm (4")
- Each additional step when stacked gives an extra 50mm. Foam pad fits the top surface for warmth and softness



Code: **AA1824Y**

£36.00

Bath Step - 'Step Two'

- Step can be used either way up providing a 6" or 4" rise.
- Surface area 20" x 13" with non slip texture.
- Max user weight 30 stone



Code: **PR46291**

£90.30

comfort and support

Pillows, Back Support and Cushions

V Shaped Pillow

- A large V-shaped washable pillow for support in bed or armchair (**white removable cover also included**)



Code: **VSP**

£27.50

Sissel Pillows

- Designed to accommodate the lower shoulder and provide optimum support to the lower neck
- Ridge of pillow supports the vertebrae in the neck and relaxes the muscles
- Prevents pain and stiffness in the neck and shoulder often associated with conventional pillows
- All pillows come with Fitted Cover - Addition pillow cases are available



Classic Medium Code: **5105**

Classic Large Code: **5100**

£53.00 (£44.17 ex VAT)

Deluxe Code: **5135**

£89.00 (£74.17 ex VAT)

Plus Code: **5108**

£59.95 (£49.96 ex VAT)

Soft Code: **5136**

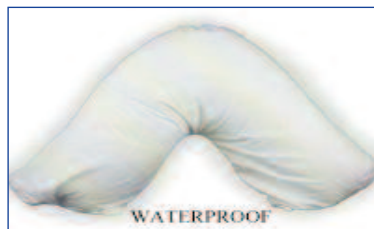
£69.95 (£58.29 ex VAT)

Additional Pillow Case Code: **5137**

£6.94

V Shaped Pillow Waterproof Cover

- Waterproof Cover for V Shaped Pillows
- As supplied to the NHS
- Made from heavy duty soft PVC



Code: **VBL**

£10.70

Round Swivel Cushion

- Presents an easy way to get out of car seats or dining chairs
- Ideal for those with back problems
- Light weight and flexible

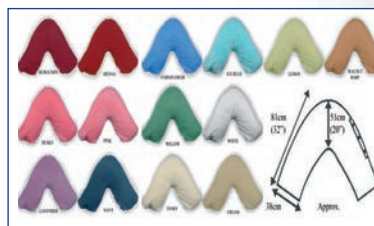


Code: **PR41021**

£27.90 (£23.25 ex VAT)

V Shaped Pillow Cases

- Various colours available



Burgundy	Code: VBG	Sienna	Code: VSN
Dusky	Code: VDK	Pink	Code: VPK
Lavender	Code: VLV	Navy	Code: VNV
Cornflower	Code: VCF	Ice Blue	Code: VIB
Willow	Code: VCN	White	Code: VWT
Ivory	Code: VIV	Cream	Code: VCM
Lemon	Code: VLM	Walnut Whip	Code: VBR

£5.25

Putnam Pillows

- Cradles your head, supports your neck and correctly aligns your spine
- Covered in 100% cotton jersey and fits standard pillow cases
- Use the Royal if you currently use 1 pillow, or use the King Size if you currently use 2 pillows



Royal (20x12x5) Code: **PRP**

£62.65 (£52.21 ex VAT)

King Size (23x13x6) Code: **PKSP**

£69.70 (£58.08 ex VAT)

Royale Extra (23x12x5) Code: **PRX**

£69.90 (£58.25 ex VAT)

Royale Viscose (52x31x13) Code: **PRV**

£69.90 (£58.25 ex VAT)

Royale Extra Viscose (60x31x13) Code: **PRVX**

£77.00 (£64.17 ex VAT)

King Size Viscose (58x33.5x15) Code: **PKV**

£77.00 (£64.17 ex VAT)

Putnams Rest-a-Head

- Ideal for supporting head, neck and upper back while sitting down.
- Made from hard wearing cord.
- Requires no fittings, hangs freely.



Code: RH

£32.50

Putnams Rest-a-Back

- Perfect for a little extra support in the small of the back or the nape of the neck whilst sitting
- Simple counterbalance holds it in place
- Suitable for home, car and office
- Lightweight and portable



Code: RAB

£31.25

Backfriend

- Backfriend is designed to bring relief from backache or sciatic pain
- Easily adjustable and portable, may be used in many different situations
- Available in oatmeal and anthracite



OATMEAL Single Padded Code: BFS1

£75.00

OATMEAL Double Padded Code: BFS2

£80.00

ANTHRACITE Single Padded Code: BFS14

£75.00

ANTHRACITE Double Padded Code: BFS15

£80.00

D Shaped Lumbar Roll

- Similar to the lumbar roll but with a flat back



Code: SP24016

£16.50

Bed Sitta Support

- Armchair shaped support to aid sitting up in bed
- Made from sculptured foam and velour covered. Side pockets for storage. Distance between arms: 380mm (15")

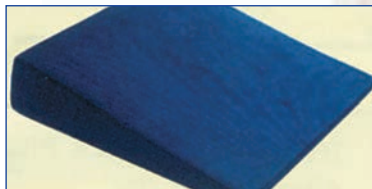


Code: BSSU

£66.00 (£55.00 ex VAT)

Seat Wedge

- Ideal for those who work in a sitting position for long periods
- The wedge pushes the pelvis forward, bringing the back into an upright posture
- Other wedges available with or without coccyx cut out
- Please ask for details



Code: SP24010

£26.50

Contoured Sissel Sit Special 2 in 1 Wedge

- Ergonomic with removeable visco foam coccyx zone
- Relieves spinal column and intervertebral discs
- Two anatomical depressions to improve ergonomic sitting. 43 x 40 x 9cm
- Velour machine washable cover



Grey Code: 7230.05

Blue Code: 7230.02

£55.00

comfort and support

Slippers, Shoes and Socks

CosyFeet Bed Socks (Extra Roomy)

- Ideal for anyone with poor circulation or cold feet at night
- Loose fit around the ankle for comfort
- 70% Acrylic, 30% Nylon. Two pairs per pack

Small:

Ivory

Code: **EB76S**

Mouse

Code: **EB77S**

Blush

Code: **EB80S**

Large:

Mouse

Code: **EB77L**

Marine

Code: **EB78L**

Medium:

Ivory

Code: **EB76M**

Mouse

Code: **EB77M**

Marine

Code: **EB78M**

Small:

Ivory

Code: **BS76S**

Mouse

Code: **BS77S**

Blush

Code: **BS80S**

Large:

Mouse

Code: **BS77L**

Marine

Code: **BS78L**

Medium:

Ivory

Code: **BS76M**

Mouse

Code: **BS77M**

Marine

Code: **BS78M**

Blush

Code: **BS80M**

£13.00

£12.00



Helen £30.00 (£25.00 ex VAT)



Eliza £30.00 (£25.00 ex VAT)



Richard £33.00 (£27.50 ex VAT)



Robert £35.00 (£29.17 ex VAT)



We have a range of Shoes, Slippers, socks, bed socks, tights, insoles, knee highs etc, etc. Call us today and we will be happy to send you the new 'CosyFeet' brochure showing the full range.

Dressing and Grooming

Plastic Shoe Horn

- 480mm (19") handle reduces bending making it easier to put shoes on
- Curved end gives improved grip. Can also be used to pull up clothing



Code: **HA0720**

£5.00

Dressing Stick

- Long wooden stick with rubber tip at one end, & special double wire hook at the other
- Rubber tip pushes garments and the hook is used to pull on items that are not easily reached



Code: **PR55030**

£8.50 (£7.08 ex VAT)

Stocking Aid and Tights Aid

- Assists the pulling on of socks and stockings where bending is difficult
- Garment slides over flexible trough which is then pulled up using long ribbons
- Also available as a double trough tights aid



Stocking Aid Code: **AA4650Y**

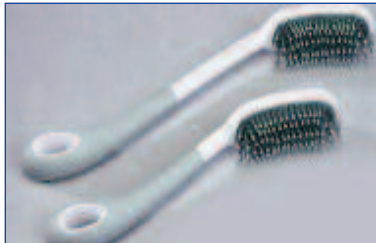
£5.85 (£4.87 ex VAT)

Tights Aid Code: **AA4654Y**

£9.99 (£8.32 ex VAT)

Long Handled Brush

- Assists the pulling on of socks and stockings where bending is difficult
- Garment slides over flexible trough which is then pulled up using long ribbons
- Also available as a double trough tights aid



Standard Code: **PR45041**

£29.30 (£24.42 ex VAT)

Long Code: **PR45042**

£31.50 (£26.25 ex VAT)

Zip Puller

- Ideal for people with reduced finger strength & co-ordination
- The black plastic ring attaches to zipper tabs on clothing
- Six per pack



Code: **2139**

£9.90 (£8.25 ex VAT)

Elastic Laces (2 Pairs)

- They look like normal shoe laces with crimped ends, but are elasticated and will therefore convert lace-up shoes into slip-on
- Ideal for those who have trouble tying or reaching their laces. 600mm (24")



Black Code: **PR55000**

Brown Code: **PR55022**

White Code: **PR55023**

£4.50 2 Pairs

Good Grips Button Hook

- Soft cushioned grip that makes the sometimes difficult task of buttoning clothes easy
- The built up handle is made of rubber like material and features flexible ribbing that adapts to any grip



Code: **PR55020**

£14.30 (£11.92 ex VAT)

Long Handled Comb

- Ergonomically designed and carefully balanced to give maximum power with minimum effort and strain
- Unique shape makes it easier to reach further



Standard 300mm (12") Code: **AA4722**

£19.75 (£16.46 ex VAT)

Long 370mm (14 1/2") Code: **AA4723**

£21.70 (£18.08 ex VAT)

Curly Laces

- Elastic laces that do not need tying
- Lace the shoes up and release the laces at the required pressure and the lace will coil to keep in place
- Ideal for those who find it hard to bend & tie a normal lace
- Other colours available



White Code: **PR55003**

Brown Code: **PR55002**

Black Code: **PR55001**

£5.00

Compression Stocking Aid

- Helps those with limited strength and mobility to pull on vascular stockings
- Foam grip handles make it easy to pull and a durable epoxy finish provide a smooth, no-snag surface
- Compact and lightweight make it ideal for travel and storage



Code: **HA0880**

£32.00 (£26.67 ex VAT)

Long Toe Nail Scissors

- The moulded finger and thumb grip allow easier gripping and greater leverage
- The extended shank gives extra reach for those who have difficulty bending
- The long loop handle allows strength and control of the whole hand being used
- The strong angled blade provides a good cutting position and will cut the toughest nails



Code: **PR63006**

£10.20 (£8.50 ex VAT)

Button Hook With Zip Puller

- Two tools in one - a button hook at one end and zip puller at the other. Useful for a number of dressing tasks



Code: **AA4673**

£9.00 (£7.50 ex VAT)

Incontinence Care & Protection

Bed and Chair Protection

Bed Pad with Tucks

- Available in three sizes
- Washable and absorbent
- Non slip waterproof backing
- Not recommended for use with electric blankets
- Absorbency 2.5 litres



Single Code: **BPWT** - Size 28x36

£17.20

Large Single Code: **BPX** - Size 36x36

£23.49

Double Code: **BPWTD** - Size 54x36

£32.00

Waterproof Mattress Covers

- Fitted vinyl sheets with elasticated corners for complete protection
- Available in single and double bed sizes



Chair Pads

- Highly absorbent protection for use on chairs, wheelchairs and car seats. Discreet and comfortable 'stay dry' top
- Non slip waterproof backing. Absorbency 1000mls



Pink Code: **PR52100** *Blue* Code: **PR52101**
Tartan Code: **PR52102** *Floral* Code: **PR52103**

£13.95



Burgundy, Brown, Green & Navy

£12.99

Single

£17.60

Double

£22.60

Disposable Bed Pads

- High quality pads impregnated with super absorbent polymers
- Excellent fluid retention and odour control
- Two sizes available in packs of 35



60x90 Extra Code: **LFB8411**

£14.95 (£12.46 ex VAT) (35 in pack)

60x90 Maxi Code: **LFB8421**

£11.95 (£9.96 ex VAT) (25 in pack)

60x60 Extra Code: **LFB8211**

£10.25 (£8.64 ex VAT) (35 in pack)

Super Code: **LFB8221**

£10.25 (£8.54 ex VAT) (30 in pack)

Incontinence Wipes



Conti Wipes

- Soft and dry – ideal for personal hygiene
- Available in two sizes, 100 wipes per box

Standard Code: **CBW010** *Regular*

£2.35

Soft Code: **CSW110**

£4.60

Large Cotton Soft Code: **CCW110**

£4.85

- Other types also available

Lille Care Wet Wipes

- Moist skin cleansing wipes formulated to minimise the risks of allergic reactions. Contains aloe vera
- 80 wipes per pack, 200 x 300mm. Easy reseal to retain moisture



Code: **9121**

£4.99

Washable Incontinence Pants

Readi Full Brief with Built-in Pad – Ladies

- Designed for everyday use for moderate incontinence (250ml)
- Convenient Built-in Pad – no separate pad required
- 100% cotton, machine washable



32"-34" Code: **5520** 36"-38" Code: **5521**
40"-42" Code: **5522** 44"-46" Code: **5523**

£9.00

48"-50" Code: **5524** 52"-54" Code: **5517**
56"-58" Code: **5518** 60"-64" Code: **5519**

£10.80

Readi Full Brief Pouch Pant – Ladies

- Accommodates a separate disposable pad of choice
- Large stay dry liner to maintain freshness and comfort
- Machine washable 100% Cotton



32"-34" Code: **5525** 36"-38" Code: **5526**
40"-42" Code: **5527** 44"-46" Code: **5528**

£7.70

48"-50" Code: **5536** 52"-54" Code: **5537**

£9.85

56"-58" Code: **5570**

£9.75

Active Mini Brief with Built-in-Pad – Ladies

- Fashionable styling for the active woman
- Suitable for use during sport and exercise
- Designed for light incontinence (120ml)
- Extra soft, machine washable cotton lycra no separate pad required



28"- 30" Code: **5588** 32"- 34" Code: **5589**
36"- 38" Code: **5590** 40"- 42" Code: **5591**
44"- 46" Code: **5592**

£8.50

Traditional Brief with Built-in Pad +Fly – Men's

- Suitable for moderate incontinence (250ml)
- Traditional appearance with fly opening
- The pad is covered in a stay dry material
- Machine washable, 100% cotton



30"- 32" Code: **5352** 34"- 36" Code: **5353**
38"- 40" Code: **5354** 42"- 44" Code: **5355**

£12.95

46"- 48" Code: **5356** 50"- 52" Code: **5357**
54"- 56" Code: **5358**

£13.85

Active Full Brief with Built-in-Pad – Ladies

- Designed for everyday use for light incontinence (120ml)
- Stay Dry Liner. Machine washable Cotton-Lycra blend fabric



32"- 34" Code: **5594** 36"- 38" Code: **5595**
40"- 42" Code: **5596** 44"- 46" Code: **5597**

£8.20

48"- 50" Code: **5598** 52"- 54" Code: **5500**
56"- 58" Code: **5501** 60"- 64" Code: **5502**

£10.00

Readi Brief with Pouch – Mens

- Accommodates a separate pad of choice
- Large Stay dry liner for freshness and comfort
- Machine washable, 100% cotton



30"- 32" Code: **5485** 34"- 36" Code: **5486**
38"- 40" Code: **5487** 42"- 44" Code: **5488**

£10.80

Incontinence Care & Protection

Lycra Stretch Pants

- Stretch support pants to hold large shaped pads in place. Packs of 5



Small Code: **LSFX9411**

Medium Code: **LSFX9421**

Large Code: **LSFX9431**

Extra Large Code: **LSFX9441**

Extra, Extra Large Code: **LSFX9451**

£5.95

Sandra Waterproof Pants

- Pull-on style plastic with elasticated waist and leg and pouch for insert pad
- Manufactured from waterproof material that is skin soft and rustle free. Sewn seams provide ventilation
- Available in 50mm (2") increments hip size



A: 810mm (32") Code: **IPP032**

B: 860mm (34") Code: **IPP034**

C: 910mm (36") Code: **IPP036**

£11.80

D: 960mm (38") Code: **IPP038**

E: 1020mm (40") Code: **IPP040**

F: 1070mm (42") Code: **IPP042**

G: 1120mm (44") Code: **IPP044**

£12.50

H: 1170mm (46") Code: **IPP046**

I: 1220mm (48") Code: **IPP048**

£13.00

J: 1320mm (52") Code: **IPP052**

K: 1270mm (60") Code: **IPP060**

L: 1170mm (56") Code: **IPP056**

£14.98

Disposable Incontinence Pads and Pants

Lille Classic Line Insert Pads

- A range of discreet, highly absorbent pads to be worn within pouch pants or with adhesive strips to be worn within your own close fitting pants
- Ideal for stress or light to moderate incontinence. Insert Pads (for pouch pants)



Plus: 490MLS Code: **LCLN1111**

£2.99

Lille Classic Pad Straight

- A range of discreet, highly absorbent pads to be worn within pouch pants or with adhesive strips to be worn within your own close fitting pants
- Ideal for stress or light to moderate incontinence
- Rectangular Pads (with adhesive strip)



Mini: 400MLS Code: **LCLN2111**

£3.75 (28 in pack)

Extra: 722MLS Code: **LCLN2131**

£4.49 (28 in pack)

Maxi: 1250MLS Code: **LCLN2151**

£5.99 (28 in pack)

Lille Suprem Pants

- A highly absorbent, disposable pull up pants



Extra Medium: 1440MLS Code: **LSPU0211**

£10.45 (14 in pack)

Extra Large: 1850MLS Code: **LSPU0311**

£10.45 (14 in pack)

Extra X Large: 2200MLS Code: **LSPU0411**

£12.45 (14 in pack)

Medium Maxi: 2090MLS Code: **0221**

£11.45 (14 in pack)

Large Maxi: 2090MLS Code: **0321**

£11.95 (14 in pack)

X Large Maxi: 2090MLS Code: **0421**

£12.95 (14 in pack)

Lille Suprem light Small Shaped Pads

- Discreet, highly absorbent shaped pads with adhesive strip to be worn in your own close fitting pants
- Ideal for urge or light to moderate incontinence
- Available in the following levels of absorbency



Mini: 200MLS Code: **LSFE3121**

£1.49

Regular : 340MLS Code: **LSFE3131**

£3.25

Midi: 600MLS Code: **LSFE3141**

£3.99

Super: 830MLS Code: **LSFE3151**

£4.75

Maxi: 1030MLS Code: **LSFE3161**

£5.75

Lille Suprem Form Breathable Pads

- For reflex or heavy incontinence



Regular Plus: 1450MLS Code: **LSFM5121**

£7.99

Extra Plus: 1850MLS Code: **LSFM5141**

£8.79

Super Plus: 2200MLS Code: **LSFM5161**

£8.99

Maxi: 2700MLS Code: **LSFM5171**

£9.95

Lille Suprem fit Breathable All-in-One Pads

- All-In-One products, also known as diapers, provide total protection for heavy urinary or faecal incontinence. Each product is fitted with 4 sticky tapes and wraps completely around the body



Small Maxi (20): 1900MLS Code: **LSFM7121**

£9.45

Med Maxi (20): 3050MLS Code: **LSFM7241**

£11.95

Large Maxi (20): 3050MLS Code: **LSFM7341**

£12.95

X-Large Maxi: 3800MLS Code: **LSFM7421**

£14.95

Lille Supreme for Men

- Lille for Men disposable male guard offers an efficient solution for male bladder control. The contoured shape and textile backing ensures a more natural, discreet and comfortable fit
- An adhesive strip keeps the guard securely in place. The extra absorbent layer draws moisture away from the surface and into the pad



Code: **LSFE3171**

£2.99

(14 in pack)

Aquaflex Pelvic Floor Exerciser

- This is the simple and effective way to strengthen pelvic floor muscles to help improve general pelvic health, restore bladder control and also improve sexual response and satisfaction



Code: **013089**

£35.00

toilet accessories

Commodes, Toilet Seats, Frames and Surrounds

From commodes to raised toilet seats, to a choice of urinals, bed pans and other accessories are available in the catalogue or through our branches.

Adjustable Commode Stool

- Height adjustable metal framed commode stool
- Under the removable seat there is a plastic commode pan and lid with carrying handle
- Seat height 460mm - 510mm (18" - 20")
Width 470mm (18½") depth 410mm (16")



Code: AA2351

£231.00 (£192.50 ex VAT)

Basket Weave

- Wooden frame with wicker style covering
- Waterproof, wipe clean PVC seat
- One-piece commode pan with carrying handle incorporated into lid that locks pan and lid together



Code: 519B

£245.35 (£204.46 ex VAT)

Toilet Frame with Seat

- Height adjustable seat with built-in frame and arm rests
- Simple height adjustments to suit user
- Hygienic, easy to clean one-piece seat



Code: 4310

£69.00 (£57.50 ex VAT)

Height Adjustable and Stacking

- Vinyl covered seat and back
- Removable round pan with carry handle and lid
- Height adjustable: 830 - 980mm (32½" - 38½") Maximum user weight 125kgs (19½"stone)



Code: 521A

£75.00 (£62.50 ex VAT)

Royale

- Attractive polished hardwood armchair style commode
- Washable vinyl seat conceals commode seat and pan
- Pan has handle and locking lid and is autoclaveable
- Seat size: (H) 510mm (20"), (W) 470mm (18½"), (D) 510mm (20") Maximum user weight 160kgs (25 stone)



Code: 519B

£470.00 (£391.67 ex VAT)

Commode Cushion U shaped

- Made with a wipe clean permeable cover, this cushion is filled with fibre and will fit the majority of commodes.
- It is held in place with Velcro straps



Code: FFU

£24.80 (£20.67 ex VAT)

Adjustable Toilet Surround

- Provides support when sitting or rising from the toilet
- Fits around the toilet, so no installation required & height adjustable to suit user
- Adjustable height legs



Code: **4320EX**

£40.80 (£34.00 ex VAT)

Padded Seat

- A soft cushion that attaches to the existing toilet seat for extra comfort & height. Easily removable for cleaning



Small 2" Code: AA2137A

£24.80 (£20.67 ex VAT)

Large 4" Code: AA2137B

£35.60 (£29.67 ex VAT)

Raised Toilet Seats (without Lid)

- Makes rising and lowering easier for those with stiff or painful joints
- Comfortable contoured seat in either 50mm (2"), 100mm (4") or 150mm (6") heights
- One piece construction which is easily but securely fitted by hand



Small 50mm (2") Code: AA2112

£22.00 (£18.33 ex VAT)

Medium 100mm (4") Code: AA2114Y

£25.00 (£20.83 ex VAT)

Large 150mm (6") Code: AA2116

£34.50 (£28.75 ex VAT)

Round & Shaped Commode Pans

- Round is Suitable only for the Chalgrove Commode
- Shaped is Suitable for Basketweave, Royale and Stool Commode, shaped

Shaped Pan Code: AA2384

£44.50

Raised Toilet Seats (with Lid)

- Makes rising and lowering easier for those with stiff or painful joints
- Comfortable contoured seat in either 50mm (2"), 100mm (4") or 150mm (6") heights
- One piece construction which is easily but securely fitted by hand



Small 50mm (2") Code: AA2112L

£31.00 (£25.83 ex VAT)

Medium 100mm (4") Code: AA2114L

£31.00 (£25.83 ex VAT)

Large 150mm (6") Code: AA2116L

£39.00 (£32.50 ex VAT)



Round Pan Code: AA2380

£11.10

Square Pan

£9.40

Urinals and Bed Pans

Slipper Pan with Lid

- Preferred design for elderly patients
- Contoured design for smooth gliding over bed sheets
- Integrated handles give user stability and confidence
- Short return handles make for easier use by carer
- Broad, comfortable seat and cover that reduces odours & spills



Code: **AA2659**

£27.40

Bottom Wiper

- Moulded plastic head with recessed serrations to grip the paper
- Paper is easily removed after use
- Designed to be used from the front



Code: **AA2650**

£15.99 (£13.33 ex VAT)

toilet accessories

Male Urinal with Handle

- Handle for ease of use and snap-on lid to avoid spillage
- Large, flat surfaces ensure stability when not in use. Slim shape for comfortable use in bed



Code: **AA2632W**

£9.50

Female Urinal

- Anatomically contoured bottle can be easily gripped by the handle. Stable when vertical or horizontal



Code: **AA2630Y**

£18.30

Sangenic Easiseal Disposal System



- Not just a bin, Easiseal wraps each pad in seconds. It twists and seals each pad in a fragranced, anti-bacterial film, locking away germs and odour

- Sangenic Easiseal is the most convenient way to dispose of incontinence products within the home
- Pads are kept sealed away in the tub, saving endless trips to the outside bin

Code: **AA2621**

£45.00

Portable Bidet

- Made from polypropylene and fits standard toilet bowls
- Soap dish at the front for convenience
- Able to be steam cleaned and sterilised up to 135 °C



Code: **AA2612Y**

£10.90 (£9.08 ex VAT)

Female Urinal Economy

Code: **AA2666**

£4.40

Sangenic Easiseal Refill

- The Sangenic Easiseal refill cassette uses a fragranced, anti-bacterial film which is ideal for light to medium odour protection



Code: **AA2623**

£7.00

Standard Male Urinal

- Traditional design. Autoclaveable polypropylene. Snap-on lid to prevent spillage



Code: **495PP**

£6.00

Folding Bottom Wiper

- Folding bottom wiper with a moulded plastic head with recessed serrations to grip the paper
- Folds into 3 for easier storage. Designed to be used from the front



Code: **AA2652**

£16.90 (£14.08 ex VAT)

Disposable Male Urinal

- Male Urinal Bottle in traditional style made from Disposable Pulp



Code: **34002**

70p each



Nilaqua Shampoo Cap - single use

£3.99



Wheelchairs and Ramps



Karma Ergo 115 Transit

- Patented S Shaped seating system. Detachable seat covers treated with Aegis Microbe Shield
- Outrigged armrests to minimise overall width. Wider ergonomic armpads. Wide footplates with flatter angle. Seat width 16"
- Aircraft-grade aluminium alloy frame provides lightweight structure, total only 11.5kg (25lbs) complete and 8.5kg (19lbs) without rear wheel. Max user weight 115kg

Code: **IS103Q14WB**

£430.00 (£358.33 ex VAT)



Karma Dove Transit

Details as the 'Karma Dove Self Propelled'. 6" castors and 14" puncture proof tyres (micro-cellular). Weight: from 10.5kg (23lbs) complete, 9kg without rear wheels (20lbs).

16" or 18"

Code: **KM2500Q14WB**

£287.75 (£239.79 ex VAT)



Karma Ergo 115 Self Propelled

- Details as the 'Karma Ergo 115 Transit'. Seat with 16" or 18". Total weight only 12.9kg (28lbs) complete 8.5kg (19lbs) without rear wheel. Max user weight 115kg

Code: **IS003Q24WB**

£430.00 (£358.33 ex VAT)



Karma Dove Self Propelled

- Slowing brakes fitted as standard. Ultra-light weight aircraft-grade aluminium alloy frame. Seat widths: 16" & 18"
- 20" flat free rear wheel (micro-cellular). Outrigged arms to minimise overall width
- Weighs from: 12.3kg (27lbs) complete and 9kg (20lbs) without rear wheels. Max user weight 100kg (16") 115kg (18")

16" or 18"

Code: **KM2500Q20WB**

£287.75 (£239.79 ex VAT)



Ultra Lightweight Transit

- General purpose 18" wheelchair - folds easily for transportation
- Cranked push handles with additional handlebar brake levers
- Half folding back, desk style armrests. Max user weight 18 stone, weighs only 12kg

Code: **LAWC008A**

£260.00 (£211.67 ex VAT)



Karma Sparrow Self Propelled

- Quick release wheels. Slowing brake on handlebars
- Puncture proof tyres. Seat width 17 inches. Weighs 14kg complete. Max user weight 100kg

Code: **IS0Q24WB**

£255.95 (£213.29 ex VAT)



Karma Sparrow Transit

- Details as the 'Karma Sparrow Self Propelled'. Fixed wheels and foot rests. Transit weighs 11.7kg complete

Code: **IS0F14WB**

£236.50 (£197.08 ex VAT)



Ultra Lightweight Self Propelled

- General purpose 18" wheelchair - folds easily for transportation
- Half folding back, desk style armrests. Max user weight 18 stone, weighs only 13kg

Code: **LAWC008A**

£260.00 (£211.67 ex VAT)



Karma i-Lite Transit

- Silver or red
- Seat width 17"
- Maximum user weight 115kg
- Weight 11kg

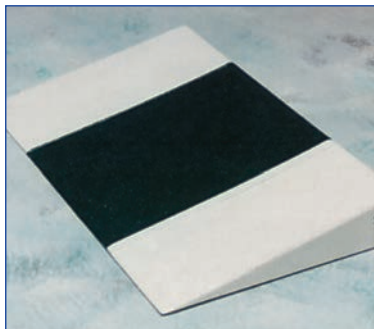
Code: **IM-9095**

£175.00 (£145.83 ex VAT)

mobility and accessories

Threshold Ramps

- Overcomes wooden/UPVC door thresholds. Allows door to open and close when in position
- Customised to the height of your doorframe 75mm - 150mm (3" - 6"). Provides doorframe protection and lightweight construction
- Maximum carrying capacity of 40 stone (250kg)



Small - 75mm (3") Code: TR3

£89.96 (£74.97 ex VAT)

Medium - 100mm (4") Code: TR4

£120.00 (£100.00 ex VAT)

Large - 125mm (5") Code: TR5

£141.96 (£118.30 ex VAT)

Extra Large - 150mm (6") Code: TR6

£156.77 (£130.64 ex VAT)

Wet Weather Clothing

Wheely Mac

- Provides head to toe protection
- Secures over the back of the chair taking pushing handles into consideration
- Secures under the footplates with elasticated base
- Unsleeved version for those with restricted arm and body movement
- Sleeved version for optimum movements
- Small/Med chest up to 120cm length 176cm
- Large/XL chest up to 130cm length 205cm
- Available Colour Navy



Unsleeved Small/Med Code: WMMU51

£39.60 (£33.00 ex VAT)

Unsleeved Large/XL Code: WMLU51

£40.80 (£34.00 ex VAT)

Universal - up to chest 130cms

£45.60 (£38.00 ex VAT)

Scooter Cosy

- Quilted, thermal fleece lined cosy which acts like a sleeping bag for the lower body
- Open base enables the feet to be positioned either side of the tiller
- Feet are kept dry with a nylon shoe protector
- Medium chest 111cm Length 119cm
- Large chest 127cm Length 127cm
- Available in Navy



Medium Code: SYDM Large Code: SYDL

£72.00 (£60.00 ex VAT)

Wheelchair Mobility Bag

- H42cm x W36cm x D14cm
- Detachable carry strap
- Large lined compartment
- Can be used with wheelchair or scooter securing around headrest



Code: MBU28

£46.80 (£39.00 ex VAT)

Wheelchair Fleece

- Full length fleece covering seat and back with loops to hold in place



Code: WW736L

£22.57 (£18.81 ex VAT)

Power Cape

- Complete wind & rain protection from head to toe including the power chair
- Clear panel to view controls
- Hands free opening slot for freedom of hand movement for opening doors and operating pedestrian crossing controls
- Colour Navy. Size Chest 116cm (46") Length 182cm (72")



Code: **PCDU51**

£60.00 (£50.00 ex VAT)

Scooter Leg Cape

- Lower body protection whilst on the scooter. Waterproof leg cover with thermal, quilted fleece lining for extra warmth. Quick and easy to put on, the leg cape secures around the seat with a simple fastening
- Colour navy
- Size Universal Length 100cm (39")



Code: **SLCU51**

£45.60 (£38.00 ex VAT)

Wheely Cosy

- Acts as a sleeping bag for the lower body. Higher back can be secured to the pushing handles
- Features a warm polyester fur lining and central zip
- Colour Navy. Size Universal Chest 116cm (46"); Length 106cm (42")



Code: **WCEU51**

£56.40 (£47.00 ex VAT)

Wheelchair Bag

- H39cm x W37cm x D15cm
- Fastens to wheelchair with quick release system
- Net pockets on the sides



Code: **WCBU28**

£21.60 (£18.00 ex VAT)

Scooter Storage Cover Deluxe

- Heavy duty and fully waterproof. Ideal for outside storage
- Tailored shape accommodates headrests and front baskets. Easy and secure fastening system



Small Code: **VSCDS**

Medium Code: **VSCDM**

Large Code: **VSCDL**

£60.00 (£50.00 ex VAT)

Wheely Wheelchair Apron (3 in 1)

- Quick and easy to put on and a clever new three in one design
- Wear as an unlined wheely apron for rain protection
- A fleece apron for warmth
- Combined for warmth and rain protection
- Secure at waist level with a simple braid and buckle fastening and at the foot with an elasticated base, which fits over the foot plate.



Code: **WA31U51**

£46.80 (£39.00 ex VAT)

mobility and accessories

Deluxe Wheely Cosy

- Small 96cm wide x 96cm long
- Med 111cm wide x 104cm long
- Large 127cm wide x 127cm long
- XL 152cm wide x 127cm long



Small Code: WCD Medium Code: WCD

Large Code: WCD Extra Large Code: WCD

£57.60 (£48.00 ex VAT)

Wheely Apron

- Quick and easy to put on. Available as unlined to keep off the rain
- Also available as 3 in 1 which can be worn unlined or with a fleece attached to protect from wet and cold. Can also just be worn as a fleece cover alone
- Secures at waist & fits over the footplates



Unlined Code: WAU51

£36.00 (£28.20 ex VAT)

3 in 1 Code: WA31U51

£46.80 (£39.00 ex VAT)

Mobility Poncho Unsleeved

- Quick and easy to put on. Unlined version to keep out the rain
- 3 IN 1 version with an attractive tartan lining for extra warmth and protection can be worn unlined, as a fleece or combined
- Colour Navy. Size Universal Chest up to 140cm (55")



Unlined Code: MP5U51

£37.00 (£32.83 ex VAT)



Mobility Poncho sleeved

- Quick and easy to put on. Unlined version to keep out the rain
- 3 IN 1 version with an attractive tartan lining for extra warmth and protection can be worn unlined, as a fleece or combined
- Colour Navy. Size Universal Chest up to 140cm (55")

Unlined Code: MPSU51

£40.80 (£34.00 ex VAT)

3 in 1 Code: MPS31U51

£66.00 (£55.00 ex VAT)

Fleece Covered Wheelchair Cushion

- A wheelchair cushion that provides comfort and pressure relief
- Removable wool fleece cover
- A security pouch is incorporated
- 400 x 400 x 60mm (15³/₄ x 15³/₄ x 2¹/₂"



410mm (16") Code: SCFC

£21.00 (£17.50 ex VAT)

Wheelchair Belt

- Snaplok fastening
- Easy to fasten strap which prevents the user toppling when negotiating steps etc.
- Must not be used in vehicles travelling in excess of 8mph
- For waists up to 1220mm (48")

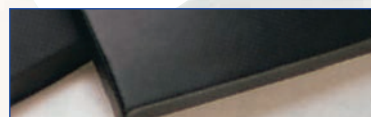


Code: 716

£14.00 (£11.67 ex VAT)

Standard Wheelchair Cushion

- 50mm (2") thick comfort cushions come with easy clean vinyl or canvas cover
- Will fit most standard wheelchairs. Choice of seat widths



Small Code: CU001 Large Code: CU002

£24.00 (£20.00 ex VAT)

Rollator Diplomat Bag

- Velcro fastening for easy access.



Code: **PR30269**

£15.90 (£13.25 ex VAT)

Leg Lifter

- Webbing strap with stiffened stem to enable user to move a stiff or immobile leg in a variety of situations
- Upper loop fits round the hand and wrist, and the lower stiffened loop slides over the foot to give control when lifting the leg



Code: **AA8620**

£10.90 (£9.08 ex VAT)

Leather Wheelchair Gloves

- Comfortable and durable, with a full length thumb, padded palm for protection and comfort
- Stretchy mesh back and airholes in the back of the thumb prevent overheating
- Measure hand width across the knuckles for correct size



Small: Code **AA8606A** Med: Code **AA8606B**
Large: Code **AA8606C** XLarge: Code **AA8606D**

£32.00 (£26.67 ex VAT)

Handmuff

- Ideal for keeping hands warm when out and about with fleece lining, elasticated cuffs and cord to keep in place



Code: **RT-HANDMUFF**

£15.00 (£12.50 ex VAT)

Anti-Pil Polyester Fleece Blanket

- Available in four different tartan designs
- Ideal for wheelchair users to cover the lap and lower limbs
- Can also be used as a versatile, general purpose rug/blanket
- For practicality can be machine washed at 40 degrees and tumble dried



Royal Stewart
Code: **PR64671**



Camel Thompson
Code: **PR64672**



Dark Check
Code: **PR64673**



Blackwatch
Code: **PR64674**

£29.99

Wheeled Walkers and Frames

Walking Trolley with Brakes

- Removable trays makes cleaning easier.
- Adjustable handle height allows anyone to use the frame comfortably.
- Loop lockable hand-brakes.



Code: **109**

£109.00 (£90.83 ex VAT)

Folding Aluminium Walking Frame

- Lightweight aluminium frame with adjustable height legs
- Folds flat by the use of a simple button mechanism
- Height adjustable from 32½" - 36" (830mm - 910mm)



Code: **233EL**

£81.40 (£67.83 ex VAT)

mobility and accessories

Lets go Indoor Rollator

- Entirely new indoor walking aid- light, flexible and innovative design
- Hand operated breaks, height adjustable, useful carry bag & tray. Easily folded

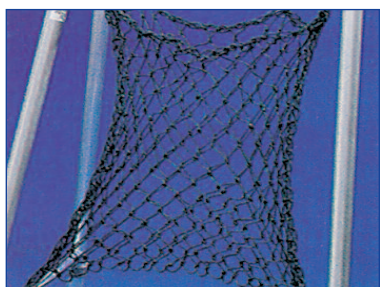


Code: **PR30285**

£239.99 (£199.99 ex VAT)

Walking Frame Net Bag

- Clips on to front of frame to accommodate small items



Code: **AA8270Y**

£10.10 (£8.42 ex VAT)

Walking Frame Caddy

- Enables most items to be carried safely
- One large and one small compartment allow user to separate various items
- Supplied with tray that is designed to safely transport a plate of food, contains a mug holder to catch spillage
- Fits easily to most styles of frame



Code: **AA8389**

£45.70 (£38.08 ex VAT)

Rollator 4 wheeled walker

- Sturdy, lightweight walker with large padded seat & backrest
- Adjustable handle height - 790mm to 890mm (31" to 35")
- Choice of braking systems: lever operated cable brake that must be locked manually before sitting or push down pressure brake that operates automatically when seat is used
- Handy basket underneath the seat is ideal for small items
- Maximum user weight 16 stone. Folds for storage



Blue Code: **2462BL** Red Code: **2462**

£99.00 (£82.50 ex VAT)

Rollator – Topro Troja

- Easy to fold, good brake function
- Lightweight & easy to manoeuvre, weighs 7.4kg
- Various accessories available - such as a back strap



Code: **814750**

£260.00 (£216.67 ex VAT)

Tri Walker

- Excellent support whilst walking both indoors and out, with adjustable handle height - 790mm - 940mm (31" - 37")
- Choice of braking mechanism: lever operated cable brake (pictured), or push down pressure brake Includes black pouch & wire basket. Folds flat for storage



Blue Code: **PR30274-30ALBU**

Red Code: **PR30274-30AL**

Silver Code: **PR30274-30ALSU**

£86.85 (£72.37 ex VAT)

Diamond Rollator

- Excellent folding mechanism, robust design
- Tool free removable front and rear wheels.
- Durable mesh back rest and comes with removable carry bag.
- Larger 8" castors for indoor and outdoor use.
- Comfortable mesh seat, height adjustable handles with soft comfortable hand grips.
- Easy to use loop lock brakes.



Code: **740**

£150.00 (£125.00 ex VAT)

Standard Walking Frame Adjustable

- Traditional style, height adjustable frame. Narrow width allows easy movement indoors
- Optional wheels for the front allows for use without need to pick up the frame
- 3 heights available

Small Code: **12/S1**

Medium Code: **12/S2**

Large Code: **12/S3**

£62.00 (£51.67 ex VAT)



Walking Frame Wheels

- For use with Standard Walking Frame



Code: **AA834301**

£31.50 (£26.25 ex VAT)

Crutches

Coloured Double Adjustable Crutches (Single)

- Adjustable for stem height, and cuff to elbow length to suit most users
- Lightweight yet strong, made from high strength aluminium
- Handle height adjustment between 660mm - 910mm (26" - 36"). Sold singly



Blue Code: **RM540001**

Red Code: **RM540000**

£16.49 (£13.74 ex VAT)

Ergonomic Handle Double Adjustable Crutches (Pair)

- Similar to the standard crutch, but with moulded hand grips for comfort
- Available in grey only
- Adjustable from handle to ground – 680-940mm (26 7/8" - 37")
- Maximum user weight 160kg (25 stone)
Sold in pairs



27"-37" Code: **124A**

£38.10 (£31.75 ex VAT)

32"-34" Code: **124AT**

£45.99 (£38.32 ex VAT)

Standard Double Adjustable Crutches (sold as singles)

- Lightweight anodised aluminium
- Adjustable from handle to ground – 670mm-920mm (26 1/2" - 36 1/4"), and armband to handle – 200mm-275mm (7 3/4" - 10 3/4"). Maximum user weight 160kg (25 stone). Height adjustments. Sold singly



Code: **121A**

£14.82 (£12.35 ex VAT)

Standard Extra Long Crutches (sold as singles)

- As above, but handle to ground measurement 765-1002mm (30" - 39 1/2")

Code: **121AT**

£19.20 (£16.00 ex VAT)

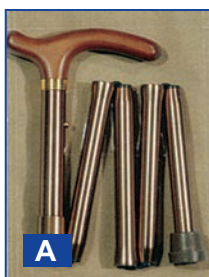


Walking Sticks

We stock a wide range of sticks to suit many different requirements. From traditional wooden sticks to stylish, folding patterned sticks for all occasions. The handle height of your walking stick is important, so we will always measure to ensure the correct size is provided. Always ensure the rubber ferrule is in good condition to prevent accidents. We stock replacements and wrist loops to prevent dropping or losing the stick.

Handbag Folding Stick

- Attractive stick that folds into 5 sections to fit into a handbag. Folded length 230mm (9ins). Height adjustable



A. Bronze Code: 4801B

£27.50

Chelsea Sticks

- Slimline sticks in attractive colours. Height adjustable



- A. Black Code: 4099A
- B. Cream Code: 4099B
- C. Light Blue Code: 4099C
- D. Red Code: 4099E
- E. Navy Code: 4099D

£28.40



Code: 4647A

£37.00

Raspberry Acrylic Folding Height Adjustable Derby

Slimline Petite Folding Walking Sticks

- Colourful floral patterns. Slimline in design
- Height adjustable with locking collar



- A. Autumn Gold Code: 4616A
- B. Green Floral Code: 4616E
- C. Grey Floral Code: 4616D
- D. Pink Floral Code: 4616C
- E. Summer Floral Code: 4616B
- F. Black Floral Code: 4616F

£36.00

Wrist Loops

- Attached around the wrist, these loops are popular with those who are anxious to avoid dropping their stick
- Available in black and brown and attach to the stick by an elastic loop



- Brown Code: 3214BN
- Black Code: 3214BK
- Pink Code: 3214PI
- Lilac Code: 3214LI

£1.99

The Chestnut Range

- These inexpensive chestnut crooks are made from coppiced underwood and are peeled and steamed into the crook shape
- Everyday sticks that can be hooked over the arm when required
- The 'rattanned' chestnut is given a smoother finish by having the knots sanded down - all brown in colour



Plain ladies crook Code: 3120 £9.00

Plain gents crook Code: 3121 £9.20

Plain stout crook Code: 3122 £9.40

Ladies Scorched Crook Code: 3596

£19.80

Gents Congo Crook Code: 3511

£24.40

The Derby Gentlemens Range

- Elegant canes that take their name from Lord Derby who favoured this style of handle

One of the most popular ranges of stick, they are available in a variety of colours and woods. The derby handle provides excellent support for the hand

Brown beech derby gents **Code: 3201**

£12.50

Beech derby, burgundy gents **Code: 3555**

£15.50

Beech derby, scorched with wristloop gents **Code: 3234**

£14.90

Walking Stick Ferrules

- A variety of Ferrules for walking sticks, crutches and frames



Straight sided black rubber ferrule

Type A. 10mm **Code: A10**

Type A. 13mm **Code: A13**

Type A. 16mm **Code: A16**

Type A. 19mm **Code: A19**

Type A. 22mm **Code: A22**

Type A. 25mm **Code: A25**

£1.10

Domed black rubber ferrule for folding seats Type B (set of 4) **Code: B19**

£1.10

Small Base Quad Stick

- 4 small feet of 5ins spread with rubber ferrules to aid stability
- Adjustable height

Code: AA8127

£40.90 (£34.08 ex VAT)

The Derby Ladies Range

Brown beech derby ladies **Code: 3200**

£12.50

The Derby Range Unisex

Brown beech derby long **Code: 3201L**

£13.80

Beech derby, blue **Code: 3573**

£15.50

Beech derby, white **Code: 3506**

£14.40

Bell shaped ferrule with dimpled base

Type C. 13mm **Code: C13**

£1.20

Type C. 16mm **Code: C16**

£1.00

Type C. 19mm **Code: C19**

£1.00

Type C. 22mm **Code: C22**

£1.00

Type C. 25mm **Code: C25**

£1.00

£1.20

Heavy duty ferrule with reinforced ringed tread

Type D. 13mm **Code: D13**

Type D. 16mm **Code: D16**

Type D. 19mm **Code: D19**

Type D. 22mm **Code: D22**

£1.20

Ferrule for combi spikes **Code: 3560**

£1.10

Brown rubber ferrule

Type F. 19mm **Code: F19**

£1.40

Grey heavy duty ferrule suitable for walking frames

Z Type. 16mm **Code: Z16**

£1.50

Z Type. 18mm **Code: Z18**

£1.50

Z Type. 22mm **Code: Z22**

£1.50

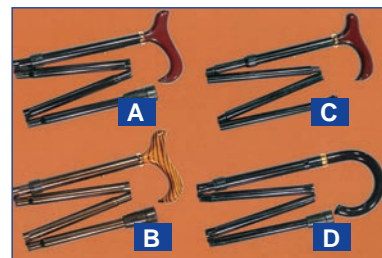
Z Type. 25mm **Code: Z25**

£1.50



Plain Folding Selection

- Elastic cord down the centre of the tube enables these canes to be folded quickly and easily
- Ideal when travelling as well as in theatres, restaurants and other places where space is limited
- A wide range of finishes as well as a white folding cane suitable for the blind. All are adjustable for height



A. Burgundy derby handle, black shaft, adjustable height **Code: 4003**

£25.30

B. Ash derby handle, coffee brown shaft, adjustable height **Code: 4601**

£25.30

C. Burgundy derby handle, slimline black shaft, adjustable height **Code: 4604**

£35.70

D. Black crook handle, black shaft, adjustable height **Code: 4608**

£27.00

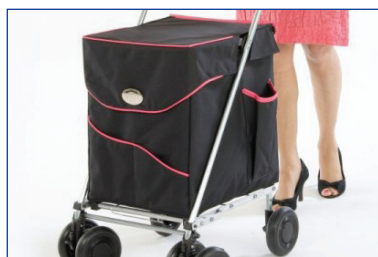
mobility and accessories

Shopping Trolleys



Standard Sholley (black with pink or beige trim)

- Bag size 18.5x15.5x13.5 inches
- Adjustable height. Front swivel wheels
- Brakes to rear wheels



(as picture but without pockets)

£88.00

Petite Deluxe Sholley (black or blue check)

- Same details as Deluxe but bag is 1" narrower. Bag size 17.5x15.5x12.5 "
- Also available in Blue Check



£99.00

Deluxe Sholley (black or blue check)

- Bag size 18.5x15.5x13.5 inches
- Bag has an internal pocket with zip
- Adjustable height.
- Two external pockets.
- Front swivel wheels.
- Brakes to rear wheels
- Also available in Blue Check



£99.00

Brake Kit for Sholeco Deluxe and Standard Sholley Trolley

- Equips your Sholley Trolley with hand brakes.
- Easy to fit, simple to use. Brings you additional control of your Trolley.



£50.00

kitchen and dining

Cutlery, Cups and Mugs

Choose from a selection of specially designed cutlery, cups, plates to jar openers, peelers and ring pullers and non-slip mats. Every product created for easy use and guaranteed safety.

Nelson Knife

- A knife with a cutting edge that ends in a curved pronged fork
- Ideal for one handed use

Code: AA5597Y

£20.40 (£17.00 ex VAT)



Splayed Fork Code: AA5595

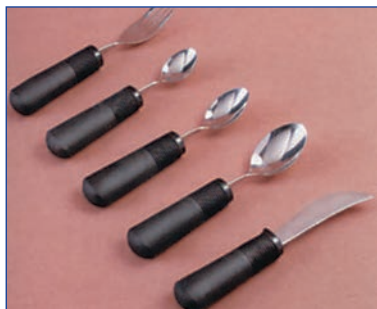
- A pronged fork with edges designed for cutting food and has a deep rounded body that functions like a spoon



£15.60 (£13.00 ex VAT)

Good Grips Cutlery

- Soft, cushion grip helps to keep the utensil in the hand – even when wet
- Built-up handles are made of soft latex-free material with flexible ribbing
- Each utensil has a special twist built into the metal shaft that allows spoon and forks to bend to any angle
- The rocker knife requires minimal arm strength for cutting. Dishwasher safe



Fork Code: **PR65591**

Teaspoon Code: **PR65593**

Youth Spoon Code: **PR65595**

Dessert Spoon Code: **PR65594**

£14.50 (£12.08 ex VAT)

Rocker Knife Code: **PR65592**

£14.50 (£12.08 ex VAT)

Serrated Rocker Knife Code: **PR65592S**

£16.70 (£13.92 ex VAT)

Foam Handled Cutlery

- Stainless steel utensils mounted on plastic stems and sealed into light foam handles. Ideal for those with weak or painful grip
- The foam is comfortable to hold and washable (not dishwasher proof)



Fork Code: **AA5551**

Teaspoon Code: **AA5553**

£11.50

Knife Code: **AA5550**

Spoon Code: **AA5552**

£11.50

Kura Care Red & White Cutlery Set

- Enables user to grip the cutlery more easily and encourages self-feeding
- Makes it easier for those who struggle to grip ordinary cutlery
- Red and white design to provide high contrast
- Designed to reduce the appearance of the curved profile
- Comes with knife, fork and spoon
- Dishwasher safe and latex free



Code: **M99680**

£17.29 (£14.41 ex VAT)

Kura Care Adult Cutlery Set (Black & White)

- Enables easier eating for people with reduced grip, hand or arm function
- Makes it easier for those who struggle to grip ordinary cutlery
- Comfortable finger indentations
- Stainless steel and latex free
- Two tone styling



Code: **M80270**

£17.29 (£14.41 ex VAT)

Caring Mug

- Two large contoured and angled handles for holding in the correct position for drinking. Microwaveable. Capacity 11fl oz (300ml)
- Wide base for stability. Useful for those with a tremor or who cannot sit upright



Code: **AA5710Y**

£11.58 (£9.68 ex VAT)

2 Handled Beaker

- Polypropylene beaker and lid with two handles
- Two lids supplied - one with a spout, and the other with recessed lid to eliminate spillage. The beaker (but not the lid) is dishwasher safe



Code: **117PP**

£4.07 (£3.39 ex VAT)

Plastic Feeder Beaker

- Plastic beakers without handles for a variety of liquids. Supplied with either a narrow or wide spout for different thickness of liquid (e.g. tea or soup)

Narrow Spout Code: **113116PP**

Wide Spout Code: **114116PP**

£2.50



kitchen and dining

One Handed Polycarbonate Cup

- Tough, clear plastic mug with a large handle. Supplied with two lids – one for anti-spill and one with drinking spout
- The mug (but not the lid) is dishwasher safe, and can be used in a microwave oven



Code: **PR65100**

£10.05 (£8.37 ex VAT)

Insulated Mug

- Plastic mug with double wall for insulation. Large handle for easy grip
- Lids (optional) can be supplied separately. Dishwasher & microwave safe



Code: **1137**

£11.44



Plates and Openers

Steelite Plates

- Plate retains heat. Useful for slow eaters
- Curved lip aids one handed eating. Microwave and dishwasher safe
- Large plate - 260mm (10 1/4"), medium plate - 210mm (8 1/2")



Large Plate: Plain White Code: **F19509**

£21.50 (£17.50 ex VAT)

Medium Plate: Plain White Code: **F19510**

£15.50 (£12.92 ex VAT)

Jarkey Opener

- Opens jars effortlessly in seconds by popping the jar's vacuum so that the lid turns easily
- Prevents wrist strain. Approved by the USA Arthritis Association



Code: **PR60035**

£6.90

Baby Boa Opener

- Gives excellent grip on a wide variety of jar top sizes
- Place loop over lid, pull the tail until tight, and then turn in the direction of the arrow



Code: **AA5001**

£10.80

Plate Surround

- Clips onto plate to assist loading food onto spoon or fork
- Fits circular plates between 230mm - 280mm (9"-11")
- Microwave and dishwasher safe



Code: **AA5662Y**

£5.99 (£4.99 ex VAT)

Good Grips Jar Opener

- Chunky, easy grip soft rubber handle
- Push opener over the lid until grip is tight, then twist to remove lid
- Dishwasher safe



Code: **PR63023**

£9.90

Dycem Jar Opener

- Unique non slip surface gives secure grip
- Wipes clean and lasts for years. Suitable for jars and bottles



Code: **AA5004**

£6.00

Medici Plate

- 25mm (1") high rim assists one handed eating by allowing food to be pushed against the side of the plate
- Hard wearing plastic suitable for microwave and dishwashers
- External diameter 240mm (9 1/2")



Blue Code: **H80005**

Yellow Code: **H79982**

Red Code: **H80017**

Ivory Code: **H79969**

£11.15 (£9.29 ex VAT)

Ring Pull Opener

- The unique ring pull opener safely and easily removes ring pull lids from all cans
- With the container on a flat surface, slip the pointed end of the opener under the tab, then pull and roll the opener back to remove the lid



Code: **PR60037**

£6.10

kitchen and dining

Non Slip and Food Preparation

Dycem Mats

- Non slip mats that grip dry, slippery surfaces to act as an anchor to prevent items moving
- May also be used to enhance grip on jars, handles etc
- Clean in warm soapy water to retain non-slip properties, but must be dry for use



Round Medium 140mm (5½")

Blue Code: **AA6810B**

Red Code: **AA6810F**

Green Code: **AA6810G**

Yellow Code: **AA6810I**

£8.90

Round Large 190mm (7½")

Blue Code: **AA6812B**

Red Code: **AA6812F**

Green Code: **AA6812G**

Yellow Code: **AA6812I**

£11.40

Rectangular Medium 250x180mm (10"x 7")

Blue Code: **AA6814B**

Red Code: **AA6814F**

Green Code: **AA6814G**

Yellow Code: **AA6814I**

£14.90

Rectangular Large 350x250mm (14"x 10")

Blue Code: **AA6816B**

Red Code: **AA6816F**

Green Code: **AA6816G**

Yellow Code: **AA6816I**

£22.50

Adult Clothes Protectors

- Fluid proof clothing protectors safeguard from messy spills, while offering outstanding absorbency, durability and quality. A comfortable neckline, and a bright selection of patterns.



Code: **MIP**

£8.99

Robinsons Readibibs®

- Available as small, medium and large with crumb tray



Small Code: **5560**

£8.50

Large Code: **5561**

£11.25

Plastic Bib With Trough

- A wipeable plastic bib with trough to catch spillages
- Velcro™ fastening around neck



Code: **FBHDP0V**

£7.80

Tartan Clothes Protectors

- Navy/Green Twill with waterproof backing and popper neck fastening



Small

£6.60

Large

£8.99

Disposable Bibs

- Pack of 100 plastic bibs

100 bibs

£16.00

Napkin Style Clothes Protector

- Snap closure
- Quick Drying Ivy Leaf Fabric in 3 colours, Ivory, Green or Maroon

One size

£6.99



Reflex Preparation Knives

- Slicing Knife - Ideal for slicing bread: Blade length 230mm (9")
- Carving Knife - Scalloped blade which will stay permanently sharp: Blade length 200mm (8")
- Chefs Knife - Useful for cutting or chopping food: Blade length 200mm (8")
- Preparation Knife - Scalloped blade ideal for cutting and preparing food: Blade length 130mm (5")



Slicing Knife **Code: AA5246Y**

£24.25 (£20.21 ex VAT)

Carving Knife **Code: AA5244Y**

£27.55 (£22.96 ex VAT)

Chefs Knife **Code: AA5245Y**

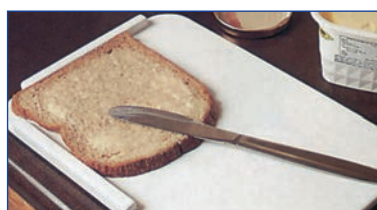
£24.25 (£20.21 ex VAT)

Preparation Knife **Code: AA5240Y**

£19.55 (£16.29 ex VAT)

Spread Board

- Durable, one-piece plastic board with raised L-shape in one corner
- Enables bread to be spread one handed



Code: AA5284

£10.70 (£8.92 ex VAT)

Good Grips 'Y' Shaped Peeler

- Peeler blade swivels requiring minimum range of wrist or elbow motion
- Stainless steel blade
- Secure grip even when wet



Code: PR63020

£7.90

Good Grips Swivel Peeler

- Swivel peeler cuts easily and requires minimal wrist movement
- Stainless steel blade. Secure grip even when wet



Code: PR63021

£7.90

Cordless Kettle Tipper

- Similar in design to the jug kettle tipper, the cordless kettle tipper has metal plates that secure the base of the kettle and a velcro strap that holds the kettle in place



Code: AA5771

£38.60 (£32.17 ex VAT)



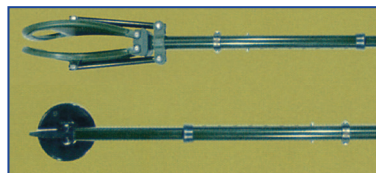
leisure and exercise



Seat Sticks

Explorer Super Seat

- Explorer super seat with point & plate base



Code: 2110

£53.00

Trio Maxi Seat

- Trio maxi tripod seat



Green Code: 2108A

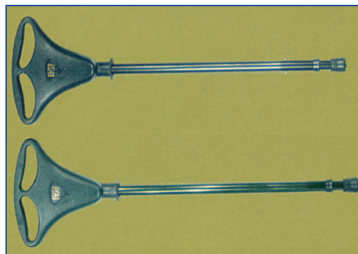
Black Code: 2108B

Brown Code: 2108C

£41.00

Walker Seat Stick

- Walking seat stick with adjustable height



Green Code: 2101A

Black Code: 2101B

£40.00

Quattro Folding Seat

- Folding quattro seat, choice of seat height



Small Code: 2105S

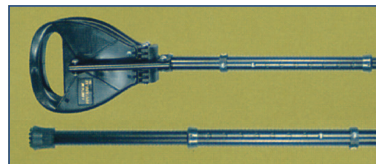
Medium Code: 2105M

Large Code: 2105L

£58.00

Observer Super Seat

- Observer super seat, adjustable for height



Code: 2109

£48.00

Packaway Seat Stick

- Packaway folding adjustable seat stick and carry bag



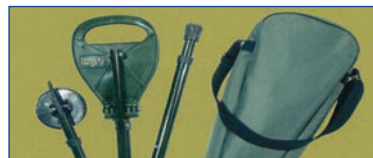
Green Code: 2103A

Black Code: 2103B

£67.00

Folding Superseat/Shooting Stick

- Fold away super seat with ground plate, rubber ferrule and carry case Code:



Code: 2111

£72.00

Exercisers and Sundries

Exercise Bands

- High quality bands in brilliant colours that make exercise fun
- Progressive resistive bands improve strength, range of motion and co-ordination. Ideal for home or clinic use
- 2.5 metres

Yellow

Red

Green

Blue

£9.00



Slim Pen Grips (Pack of 6)

- Spongy pads that fit standard sized pens and pencils
- Give a non slip grip without overly increasing the thickness of writing implement. Made from soft foam



Code: **PR70030**

20p each

Shaped Pen Grips

- Soft, plastic bulb-shaped grips that slip onto standard sized pens and pencils
- Convenient roll proof design
- Help to reduce fatigue caused by writing pressure. Pack of 2



Code: **AA7200SY**

£5.49 (£4.57 ex VAT)

Strength Tape - Negative Ion infused kinesiology tape

- Provides support and stability for muscles, joints and tendons without limiting range of motion like a traditional brace
- Increases circulation for better endurance, faster recovery, pain relief and support
- Strength Tape comes in pre-cut strips for easy application



5 Metre Rolls

Black Code: **PR15550/BK**

Blue Code: **PR15550/LB**

Pink Code: **PR15550/PK**

Beige Code: **PR15550/BE**

Red Code: **PR15550/RD**

£13.90

Gel Ball Hand Exerciser

- Five levels of resistance providing variable resistance training for hands, fingers and forearms
- Pleasant to touch and immediately return to their original shape after use



Extra Soft (Pink) Code: **PR15220/P**

Soft (Blue) Code: **PR15220/BL**

Medium (Green) Code: **PR15220/G**

Firm (Orange) Code: **PR15220/O**

Extra Firm (Black) Code: **PR15220/BK**

£3.90 (£3.25 ex VAT)

Hand Putty

- Ideal for developing hand - muscle strength and increasing endurance. Exercising with putty promotes increased range of motion, hand closure and tendon gliding
- Supplied in 2oz (57g) pots. Larger sizes available on request



Soft Code: **5071** **Medium Soft** Code: **507199**

Medium Code: **5072** **Firm** Code: **5073**

£4.90 (£4.08 ex VAT)

Mini Kit

Ankle + Foot Code: **PR15560**

Knee Code: **PR15561**

Shoulder Code: **PR155662**

Elbow/wrist Code: **PR15563**

Back/Neck Code: **PR15564**

Muscle Code: **PR15565**

£9.70



Pedal Exerciser

- Allows user to carry out leg exercises from a seated position
- Simple adjustment to allow resistance to be altered
- Rubber feet prevent exerciser from moving on the floor whilst pedalling

Code: **XET5515**

£50.00



Trays, Reachers, Trolleys and Accessories

Check out the range of labour saving aids around the home from trolleys to one handed trays, to reachers and key turners and much more b

Key Turners

- A device providing an easy grip and good leverage for turning keys. When not in use keys fold into handle allowing them to be carried in pocket or bag
- Locking lever allows keys to be positioned separately



1 Key Code: **AA6240**

£6.35

2 Keys Code: **09-110-2250**

£7.20

3 Keys Code: **PR60026**

£7.80

Standard Reacher

- Reachers that extend your range to pick up items without bending or stretching
- Rubber lined jaws for optimum grip, with magnet for picking up small metallic items
- Lightweight aluminium construction. Available in two lengths



66cm (26") Code: **HA6226M**

£11.50 (£9.58 ex VAT)

81cm (32") Code: **HA6232M**

£12.00 (£10.00 ex VAT)

Crystal Tap Turner

- Ingenious device that clamps around cylindrical tap tops to provide extra leverage. The barrel of the handle is spring loaded to allow the jaws to clamp down on the tap
- The jaws can be locked in position on taps up to 60mm (2 1/2") in diameter



Code: **AA6210W**

£15.00 (£12.50 ex VAT)

Ivor Tray (freehand)

- Carrying tray for use with one hand. The extra low centre of gravity and patterned surface reduce risk of spillage
- Made from tough, wipe clean plastic with a fold away handle



Code: **AA5815**

£27.10

Cross Head Tap Turner

- Strong moulded turners hook over the top of a cross head type tap
- Sold in a pair – red for the hot tap and blue for cold. Length 140mm (5 1/2") to provide extra leverage



Code: **AA6200Y**

£7.65 (£6.37 ex VAT)

Deluxe Magnetic Reacher

- Lightweight and robust reacher that is ideal for picking up a wide range of objects
- Twin gripping jaws with liners give excellent grip and has magnetic head for small metallic objects. Gripping head can be rotated through 360 degrees for individual tasks. Available in two lengths



Medium 600mm (24") Code: **AA8060Y**

£11.60 (£9.67 ex VAT)

Long 750mm (30") Code: **AA8063Y**

£12.25 (£10.21 ex VAT)

Thermometers

Wall Thermometer

- Suitable for use in home
- Helps to determine most comfortable economic temperature

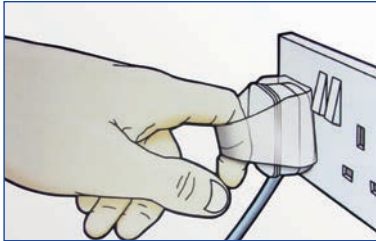
Code: **HD552**

£7.50



Plug Tug

- Ideal for those with dexterity problems, visual impairment or arthritis. Great way to save money on electricity
- Aids in removal of hard to reach plug sockets



Code: **M10152**

£5.40

Milk Bottle Holder

- Long handled wire frame for carrying bottles. Eliminates the need to bend to pick bottles up. Handle length 600mm (24")



Code: **AA5382**

£21.70

Rutland Trolley

- Tubular steel frame to give stability and strength. Two shelves, the lower being set forward to allow user to walk close to the trolley
- Large, easy glide castors Height adjustable from 840mm to 990mm (33" to 39") user weight 18 stone (115kg)



Code: **199**

£95.00

Newstead Compact Trolley

- Used to assist those who need help carrying meals or other objects
- Manufactured from selected hard woods these trolleys are hygienic & easily cleaned
- Melamine shelves are heat resistant, fitted with 2" (50mm) rolling castors and a push bar for easy walking and support
- Dimensions: height 900mm (35½"), width 390mm (15½"), length 390mm (15½")



Code: **AA5913**

£148.40

Step With Rail

- Sturdy stool with chrome plated steel frame & handrail for use around the house. Non slip surface and rubber ferrules provide safe grip
- Step size: 280mm x 355mm (11 x 14") Step height 225mm (9") Maximum user weight 190kgs (30 stone)



Code: **PR60222H**

£55.90



Langham Half Step

- Can be used inside or out.
- With nylon feet that can be adjusted for uneven ground.
- Length 27.5" Width 16ins Height 4.5-5"

Code: **GE007**

£74.00



Our Guarantee

We aim to offer our customers the best advice, using one of the widest selections of high quality health care products in the South East. We are continually assessing our products to check for quality and value for money. All products are covered by the manufacturers guarantee.

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When you decide which products to buy, you can place your order by phoning your most convenient branch, or you can send the order form in this catalogue, with the appropriate payment. We will endeavour to dispatch items held in stock within 48 hours, otherwise please allow at least 14 days for delivery. Payments can also be taken over the phone using any major Credit or Debit card.

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All products listed include VAT, and where appropriate the VAT exempt price is alongside. You can qualify for VAT relief if you are chronically sick or disabled and are purchasing the goods for your own use and they are relevant to your disability.

Please note, we must receive your signed declaration before we can dispatch any VAT free orders.

Customer Notice

We have done all we can to ensure our catalogue is accurate, but product availability and prices may alter, and we reserve the right to make changes after the date of printing.





Where to find us

You have a choice of Procter Health Care Centres and Pharmacies to visit. The Centre is located in Eastbourne with easy parking nearby. The Centre is laid out for easy access both on foot or in a wheelchair. As for the Procter Pharmacies, these are located at Heathfield and Polegate.

To buy-on-line key in www.procterhealthcare.co.uk It could not be easier!



Procter Health Care

8-9 Station Parade, Eastbourne, East Sussex BN21 1BE
 Telephone: (01323) 417 508 E-mail: eng@procters.com
 Website: www.procterhealthcare.co.uk



Procter Health Care Pharmacy

69 High Street, Polegate, East Sussex BN26 6AH
 Telephone: (01323) 482 141 E-mail: polegate@procters.com
 Website: www.procterhealthcare.co.uk



Procter Health Care Pharmacy

63 High Street, Heathfield, East Sussex TN21 8HU
 Telephone: (01435) 862 064 E-mail: heathfield1@procters.com
 Website: www.procterhealthcare.co.uk



Procter Health Care Pharmacy

Station Road, Heathfield, East Sussex TN21 8LD
 Telephone: (01435) 862 067 E-mail: heathfieldsr@procters.com
 Website: www.procterhealthcare.co.uk