



Newsletter
September/October 2010
Issue no. 71

 **Norfolk** County Council
@ your service

Hi and Welcome to the latest edition of NDIS. We cannot believe that the Summer is over and that Autumn and all too soon Christmas will soon be here. This issue we have included a specially extended article on mobility and wheelchair accessible vehicles.

We realise that the majority of events/articles in NDIS are about happenings in Norfolk towns. If you live in a village why not tell us what you get up to, who knows you may be helping another reader to participate in village life. Sue and Keith

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Health & Well Being

**Norfolk Fire and Rescue
Service - Free Helpline: 0800
9178137**



Norfolk Fire & Rescue Service is committed to keeping you safe from fire. We recognise that only a small minority of people will experience a fire in their home during their lifetime. Unfortunately when fire does occur it can have a devastating effect on all those involved.

We also recognise that in Norfolk people who are more likely to suffer from the effects of fire are over the age of 65. It is for this reason that we would strongly recommend you to take us up on the offer of a Free Home Fire Safety Check and Smoke Detector fit.



Please allow one of our trained volunteers to talk to you about fire safety in the home and where required our technicians will fit as many smoke detectors as they deem necessary all free of any charge. We also provide specialist Smoke Detectors for the hard of hearing which again will cost you nothing.

For once you will actually get something for nothing and all you have to do is contact the free phone helpline using the number at the top of this article to make an appointment that is convenient for you.

The visit will only take between 30-60 minutes of your time and remember this service is free and may prevent you from ever having to experience the devastating effects that a house fire can cause.



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Free electric blanket testing

Get your electric blankets safety checked this October by **Norfolk County Council's** Trading Standards service.

Electric blankets can wear over time and become a fire hazard. Each year more than half the blankets we check are found to be unsafe.

Testing dates

- Monday 18 October – Blackfriars Hall, St. Andrews Hall Plain, **Norwich**
- Tuesday 19 October – Meeting Point, The Guild Hall, St Withburga Lane, **East Dereham**

- Wednesday 20 October – The King's Centre, Wellesley Street, **King's Lynn**
- Thursday 21 October – Priory Centre, Priory Plain, **Great Yarmouth**
- Friday 22 October – The Parish Hall, Church Street, **Cromer**.

The safety check takes just 30 minutes, but you must make an appointment in advance.

You can make an appointment from **Monday 27 September** by calling **0344 800 8020** or emailing **trading.standards@norfolk.gov.uk**

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Possible Higher Rate DLA Mobility for Severely Visually Impaired as from April 2011

Changes agreed by the Labour government allowing people with severe visual impairment to claim the higher rate mobility component of Disability Living Allowance are to come into force next year. The Minister for Disabled People Maria Miller has been speaking on the RNIB Insight Radio and advised that the regulations were put before the coalition Government at the end of June, which outlined the eligibility criteria for claiming and details of how the changes would be implemented. If these regulations remain unchallenged for 40 days, then they will come into force and the Department of Work and Pensions can then begin to implement the changes.

The changes are estimated to benefit around 22,000 blind people, following a major campaign by the RNIB and the disability organisations. The higher rate of mobility component is currently set at £49.85 per week instead of the lower rate of £18.95 per week, for which most blind and partially sighted people are eligible. -

Source RNIB August 2010

Choosing the right wheelchair accessible vehicle for you

In order to ensure you choose the right vehicle to suit your needs, make a list of your specific requirements; for example-

- Who is going to drive the vehicle, is the chair user the driver or passenger?
- How many people need to travel in the vehicle?
- Will your home accommodate the vehicle, i.e. access, garage etc.
- What do you need to accommodate, i.e. wheelchair, scooter, shopping, pets?
- Is it possible to have specific adaptations fitted to this vehicle to suit your needs?
- Consider fuel economy of the vehicle and engine size. Can you afford it?
- Do you prefer manual or automatic transmission?

All vehicle conversion companies will offer you as much guidance as you need on the kind of vehicle which is right for you. Most companies will come directly to your home and carry out a demonstration of the vehicle, offering a test drive if you require. Ask as many questions as you can, and don't be afraid to ask to see the vehicle again, a vehicle is a long term purchase so take as much time as you need to make your decision. Also, ask around. Do you have any friends or go to any groups where people may know of reputable conversion companies? There is nothing better than a recommendation from someone you know. Ensure the vehicle conversion company you choose to work with is well established, provides good customer service, and offers a warranty on their vehicles.

Once you have an idea of the size / model / budget of your vehicle, ensure you consider the following:

Easy access

Is the ramp at a low angle giving you safe and easy access? Is it made from a lightweight material which you can easily lift? Does it have an anti slip coating to give your wheels that extra grip? There are various options, for example you can have a fully automated ramp, rear access, side access, you need to find the solution which suits your exact needs.

Lower seating position

Does the vehicle have a low floor pan to ensure the chair user's eyeline is within the window area? This will give a much better view and reduce the chance of travel sickness. Is the rear suspension modified in order to provide a more comfortable ride?

Space

Does the wheelchair area provide enough space for your chair or scooter? The conversion company will be able to give you dimensions of the space, or tell them which wheelchair or scooter you have, and they will happily be able to tell you if this will fit into the vehicle. Alternatively you will be able to determine this when you have a demonstration of the vehicle.

Safety

What tie down system is used in the vehicle? Is it suitable for the person travelling with the wheelchair user? There are fully automated locking systems available if a manual option is not suitable for you.

Economical

How many miles to the gallon does the vehicle offer? Will you be able to afford the maintenance of the vehicle?

Allowance into the car of your choice. Motability offer a contract hire scheme which includes your maintenance and service costs, comprehensive Funding & help

Motability

Motability is the UK organisation that helps provide suitable mobility solutions for the disabled driver or passenger. If you receive the Higher Rate Mobility Component of Disability Living Allowance or the War Pensioners' Mobility Supplement, getting a new car is easier and more affordable than ever. Through Motability, you simply turn part or all of your insurance for up to 2 drivers and RAC breakdown assistance. All you have to pay for is your fuel. Motability also run a grants scheme where you may qualify for help with the advanced payment, adaptations, even driving lessons. For further information go to www.motability.co.uk Tel 0845 456 4566. There are also various other ways to fund your vehicle, Access to Work for example can help you if your health or disability affects the way you do your job. It gives you and your employer advice and support on extra costs which may arise due to your disability. For more information go to www.directgov.co.uk or www.jobcentreplus.gov.uk. Of course many people choose to fund the vehicle privately, this is entirely your choice.

Useful contact details

The Forum of Mobility Centres is a charitable network of centres providing driving assessments and useful information. There are 17 Mobility Centres across the UK, they give practical and independent advice to disabled

drivers and passengers. They will assess your ability to drive, advise you about vehicles that might suit you and about any adaptations you may need.

Visit www.mobility-centres.org.uk or call 0800 559 3636 for more information.

The Disabled Living Foundation provides advice and information on all aspects of disability equipment. They have a database of products and suppliers with details of conversions, hoists, lifting equipment, car seats, vehicles for hire and vehicle accessories. For more information visit www.dlf.org.uk or call 0845 130 9177.

Mobilise is a self help organisation run for disabled people by disabled people and encourages greater independence through enhanced mobility. They provide information and have a regular magazine for members. Visit www.mobilise.info or call 01508 489 449.

Ricability is an independent research charity that produces practical printed and online guides for disabled people. Ricability has a guide to choosing a car including measurements and over 250 current and recent models. Visit www.ricability.org.uk or call 020 7427 2460.

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Cautionary tale for people who rent mobility scooters

We had a call into the office this month from someone who is renting a mobility scooter and paying £116 a month in rental. What they did not realise was that this only the rental covered was a once a year service. Therefore, when there was a puncture on one of the tyres of the company wanted a further £72 to carry out the repair, which was over and above what a garage would charge

Therefore when entering into any such rental agreements please ensure that you read the small print and know what is included before signing anything.

Norfolk Trading Standards produce a leaflet entitled 'About to buy Mobility Goods' which gives information on where to obtain advice when looking to/rent disability goods and equipment. Please contact the NDIS service if you require a copy of this leaflet.

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Have your been turned down for a blue badge?



One of our services, Disability Rights Norfolk, currently has an increasing number of unhappy clients who believe that they satisfy the criteria for a blue badge.

However, because they are not in receipt of Disability Living Allowance at the highest rate of the mobility component their applications have been rejected. It seems that the Council are applying the wrong legislation to applications. This means that a much higher threshold has to be met to satisfy the criteria for high rate mobility.

As a result of this, people are being encouraged to claim a benefit that they do not wish to claim but who may satisfy the test for a blue badge which has different criteria.

In response to this growing trend, we are hoping to take as many cases as possible to the Blue Badge Unit at Norfolk County Council for a full explanation as to why this is happening.

If this sounds familiar to you, and you would like us to look into your case, please contact Tricia Hide,

Telephone number: 01508 491570
E-Mail: drn@ncodp.org.uk
Minicom: 01508 491215
Fax: 01508 491216

Or write to us:

Disability Rights Norfolk, 15 Manor Farm Barns, Fox
Road, Framingham Pigot, Norwich, NR14 7PZ

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Heroes Return 2 Programme sponsored by the Big Lottery Fund

Allowing WW2 veterans from the UK to visit the sites on
which they served



1. What is the Heroes Return 2 scheme?

The Heroes Return 2 scheme will
provide Lottery funding to help World
War II veterans that saw active service
and are resident in the UK or the

Republic of Ireland to take part in commemorative visits
(within the UK and overseas) to mark the anniversary of
events that led to the end of WWII.

2. Who can get a grant?

WWII veterans resident in the UK or Republic of Ireland
who saw active service overseas with or alongside the
British and Allied Armed Forces in the Second World War.
WWII veterans may be accompanied by a spouse and/or a
carer. Widows and widowers of WWII veterans are also
eligible, in most cases.

3. How much funding is available?

Applicants can apply for a fixed amount grant of between £150 and £5,500 depending on the number of people taking part and the destination. It is difficult to determine demand precisely, so we have decided to focus on supporting each eligible application and meeting the demand as and when it occurs between **1 April 2009** and the deadline for applications, which is **31 January 2011**.

4. What are the grants for?

We will make grants towards the costs of commemorative visits. A fixed amount of money will be available for each veteran and their spouse and/or carer towards the cost of their visit. There will five levels of funding according to the destination. These fixed amounts have been set so that there is enough money to cover the cost of travel and insurance.

5. Who can I contact for more information?

If you have any general questions about the scheme and whether you are eligible, ring the application helpline **0845 0000 121**.

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Free advice to get families talking

The people of Norwich are being encouraged to get talking as part of a nationwide campaign to help adult children and their elderly parents talk about sensitive issues.

Independent research has revealed that nearly one-third of adults find it difficult to start conversations about certain life issues with their elderly parents. A free 'guide to

conversation starters' is available which features suggestions on how to enter in to positive conversations about some of the most awkward topics.

International home care company Home Instead Senior Care, who commissioned the research, has launched a nationwide campaign called 40:70 - the idea is that if you are 40+ and your parents are 70+, it's time to start talking before sensitive issues become a problem.

Chris Carter, who owns and runs the Norwich office of Home Instead says: "With the UK's rapidly ageing population more and more adult children will find themselves tongue-tied when dealing with certain issues relating to their elderly parents – what does an adult son say to his mother when she's reversed the car into a lamp post...again? How does a grown daughter enquire about her widowed father's new relationship without causing offence? How does an adult son ask his mother if she's taking her medications like she should?"

The most difficult topic cited by more than half of the adult children surveyed who were still in the parent-child role is about whether it's time for the parent to leave home. Health issues were mentioned by 28% and money by 21%. Nearly half (47%) of adult children are 'not very' or 'not at all' comfortable speaking to their mums or dads about their romantic lives.

The free 'guide to conversation starters' is available on line at www.homeinstead.co.uk. There is also an online assessment tool so you can test the quality of your conversations whether you are an adult child or parent wishing to communicate with your adult children – just visit www.homeinstead.co.uk and click on the 40:70 link. Or contact Chris Carter, Home Instead Senior care on 01603 482116.

Exploring the Broads

The Broads Authority's 2010 visitor magazine, **Broadcaster** (available in large print and on CD), has lots of useful information about the Broads - places to visit and things to do; easier access boating, boardwalks and fishing platforms; places to eat and places to stay and details of Broads information centres, plus listings of events happening throughout the Broads. For your free copy and more details on anything mentioned here, telephone the Broads Authority on 01603 610734, or email broads@broads-authority.gov.uk.

Find out how **Barton Broad** has been restored by taking a trip on the **solar boat Ra**, accessible to wheelchair users. For more details and to book for Ra, telephone Hoveton Broads Information Centre on 01603 756097 / 01603 782281. If you prefer 'dry' land, a **boardwalk** (open all the time) will take you on a mysterious journey through swampy, wildlife-filled carr woodland to the edge of Barton Broad. An access pack to make the boardwalk more user-friendly for visitors with sensory impairment is available for loan - please contact the Broads Authority. From Neatishead (near Wroxham), follow signs to Boardwalk. The boardwalk is easily accessible by wheelchair and a car park for disabled visitors is available at the entrance. Other visitors please use the car park in Long Road (this is also the closest car park for all passengers on Ra boat trips). Grid reference TG 351208. Sorry - no dogs except guide dogs.

We also run three other **boat trips** at **Beccles**, **How Hill** and **Ranworth**. Boats on these trips are not accessible to wheelchair users, but a sound amplification system is available for all four boat trips - please ask for details when booking. At

How Hill National Nature Reserve, access has been improved in the vicinity of Toad Hole Cottage Museum and at the moorings at the staithe, with a mooring reserved for easy access day boats. New for 2010, there's a 300 metre easy access path along the River Ant to Boardman's Mill and Clayrack Mill. However, for the remainder of the site, we suggest that visitors with disabilities may find it helpful to telephone in advance to check whether How Hill is sufficiently accessible for you (01603 756096 / 01692 678763).

Broads Authority boat trips and information centres close at the end of October and open again at Easter.

The **Wherryman's Way** is a long distance footpath following the valley of the River Yare between Norwich and Great Yarmouth. The whole route is 35 miles (56 km), starting from Norwich railway station, and going through the Mid-Yare National Nature Reserve. There are three walks based along the way which are suitable for wheelchair users, at **Whitlingham Country Park** near Norwich and at the villages of **Rockland St Mary** and **Chedgrave**.

Whitlingham Country Park at Trowse is a great place for walking, cycling and boating, and the historic flint barn, which is fully accessible, houses a visitor centre and cafe. For those travelling to the park by boat, there is an accessible mooring. Two all-terrain wheelchairs are available - it's advisable to book by ringing the Whitlingham Visitor Centre on 01603 756094 / 01603 617332. There is a wheelchair accessible path around the Great Broad (about 2 miles / 3 km). An audio tour of the park is available by ringing 01603 510599 - visitors can tap into information for up to 48 hours for a cost of £1.50 and a local telephone call. The audio tour takes you on a three mile (five km) walk stopping at nine story posts along the way, with illustrations in Braille. You can link into as little or as much information as you like.

The two broads at Whitlingham provide excellent waterspace for teaching watersports, and the opportunity to get afloat in non-motorised craft with canoeing, windsurfing and sailing. Boating activities are run by Norfolk County Council Outdoor Education Centre, which is fully accessible - telephone 01603 632307 or go to www.whitlinghamoec.co.uk for more information.

More info - www.enjoythebroads.com

where you'll also find a Broads film introduced by **Nicholas Crane**, TV presenter www.visitnorwich.co.uk or www.visitnorfolk.co.uk

Beccles Broads Information Centre tel 01603 756093 / 01502 713196

Potter Heigham Broads Information Centre tel 01603 756098 / 01692 671723

Ranworth Broads Information Centre tel 01603 756095 / 01603 270453

Rough Guide to Accessible Britain



Brimming with exciting ideas for days out, the new Rough Guide to Accessible Britain, supported by Motability, the leading car scheme for disabled people, returns for the third successive year. Writer for The Rough Guide to Accessible Britain, and foreword author Lara Masters explains: "I love gallivanting around the UK but as a

wheelchair-user, I don't enjoy the boring and difficult task of finding out if places are accessible. The Rough Guide to

Accessible Britain makes getting out and about easy for people with disabilities ensuring that fun and excitement are the order of the day.”

Additional advice includes details on organisations that offer great information and support for attending music festivals and making the most of the Arts, as well as where to find Blue Badge enhanced GPS navigation, or find listings of audio-described theatre performances.

Having inspired around 60,000 disabled people in 2009, this year the fully updated and refreshed Rough Guide to Accessible Britain returns packed with even more ideas for the best accessible days out throughout the country.

The Guide is once again available FREE to Blue Badge holders and includes more advice, reader recommendations and practical ideas than ever before.

The Rough Guide to Accessible Britain is available FREE to Blue Badge and Disabled Persons Railcard holders. To order a FREE copy visit www.accessibleguide.co.uk, or call 0800 953 7070. An audio guide, with a special introduction by Ben Fogle, is also available to download FREE from www.accessibleguide.co.uk.

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Free goods available to community groups

Giving World Online (GWO) is a scheme set up to help to community groups and charities access free surplus goods from businesses and organisations whilst at the same time helping reduce the amount of goods sent to landfill.

In the next three months GWO will be engaging with businesses in the East of England region to encourage them to use GWO's free service to redirect their surplus goods onto charities and groups that could make use of them for their beneficiaries.

Director Rama Bhalla said: "Our service is available to all charities and community groups but we are particularly aware that many smaller organisations are often volunteer-led or operate on very limited funds. We are focussing our efforts on engaging more businesses to use GWO to directly help community groups in their locality access surplus stock which could be of great benefit." Since GWO's soft launch in December 2008 more than half a million pounds worth of quality goods have been redirected from landfill to UK charities.

Plans are to expand the reach of the organisation and Rama added: "Any bona fide community group or charity can visit our website and register to receive goods as well as publicising items that they need. The process is very simple."

For further details visit www.givingworldonline.com

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Shifting MS film with Interviews 1hr 30 minutes - "A Young Person's guide to MS!"

FRIDAY 3RD Cinema City Norwich 3rd September 2010 - 10.00 – 11.50 prompt start & finish

CINEMA CITY, ST. ANDREWS STREET, NORWICH, NORFOLK NR2 4AD - 0871 704 2053 (TICKETS FROM NORWICH MS CENTRE BELOW)

You are invited to Cinema City for the premier of Shifting MS with extended interviews with MS Specialists and young people affected by MS

To book a place please contact: Shifting MS Ticket request: - Laura Ottaway, MS Society Norwich & District Branch , 23a Witard Road, Norwich, NR 7 9XD, telephone 01603 438900 or email gloriamorris251@btinternet.com

Carers



Are you a Carer?

Do you care for someone and provide unpaid help or support?

Is it a relative, friend, neighbour, partner, or child?

Do they suffer a physical disability, mental illness or learning difficulties?

Do they suffer from old age and frailty or a drug and alcohol problem?

“Then YOU are a CARER”

If you are a Carer and have a problem, come along and join us for a while

Call in and meet one of the experts who can help you

“A problem shared is a problem halved”

Care for Carers is opening a new Carers Support Group

On Thursday September 2nd 10.00am – 3.00pm

@

The West Norwich Partnership

4 Ways Community Centre

Stevenson Road

Norwich

Refreshments will be available.

For more information call

Scott - 01603 455517

or

Christine - 01603 741160

Email info@careforcarers.co.uk



Are you an unpaid
carer for someone who
lives at home, in a care
home or in hospital?

Drop in to the **Carers' Café**

at the Vauxhall Centre

Tuesdays 1 – 3pm
28th Sept – Gentle
Massage & Nails
26th Oct – Guest Speaker
to be confirmed
23rd Nov - Crafts

What's on the menu?

Free refreshments
Information and advice
Internet tuition
Company and support
Memory boxes for loan and ideas for using them
Relaxation treatments

Stuart Haydon
Vauxhall Centre
Johnson Place
Norwich NR2 2SA
Tel: 01603 626 014

 **Norfolk** County Council
at your service

NORWICH PHAB CLUB

**Meets Every Tuesday 7 – 9pm
@ The Vauxhall Centre
Johnson Place, Norwich
Subscription is 40p per weekly session**

PHAB's aim is the integration of people with disabilities with the able bodied – to encourage people of all abilities to come together on equal terms.

The Norwich PHAB Club caters for those aged 18+ and does its best to provide indoor activities, entertainment when available and affordable socialising, making the most of life together.

We at the Norwich Club are looking for and would welcome new members, also if any prospective member could volunteer to spare a little time to help run the club this would be much appreciated.

**Please contact Mr Edward Westhorpe
on 01603 408089
or turn up on a Tuesday Evening**

It's Not About The Bike

We are a Community workshop resource refurbishing / recycling unwanted and old bikes, to offer training, voluntary work and work experience leading to possible employment opportunities run as a social enterprise by the service users and volunteers with qualified cycle trainers.

1. Cycle maintenance and Training
2. Providing free or cheap bikes for people on low incomes and participants can make their own bikes
3. Cycle rides and adapted bikes
4. Plan for the future - a Green Bike scheme for Norwich
5. Working in partnership with organisations and skilled professionals who can benefit from and contribute to using the resource
6. Management Committee made up of service users, volunteers and partners

Come along and get involved in this community hub...

- Wear old clothes / aprons provided
- You do not need to bring your own bike, but if it needs fixing you can
- Bring your own refreshments

Where - Unit 6, Nr Anglia Bowl, Beckham Place,
Off Magdalen St, Norwich, NR3 3DZ

When - Wednesdays 10 a.m – 3:00 p.m

Want to know more - Contact - Christine Isaacs or Sarah
Smith Tel : 01603 626014 - Mobiles - Christine
07920285084 / Sarah 07920285086

PIMP MY BIKE (fix up a bike to your own design – you can bring your own or we can supply)

- STARTING 1ST SEPTEMBER 2010 (Fortnightly)

SESSIONS 10:00 – 1: 00 p.m
1:30 – 3: 30 p.m

THE ALTERNATING WEEKS WILL BE CYCLE
MAINTENANCE AND INCLUSIVE CYCLE RIDES



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OKLAHOMA!

Fabulous musical show
at Norwich Theatre Royal
**British Sign Language Interpreted
Performance on**
Saturday 18 Sept, 2.30pm
BSL interpreter: Keren Seabrook

For Sale

Pair of folding ramps 60in long folds in half length ways,
very strong would hold scooter. £50.00 Tel 01603 413388
and ask for Paul. Can deliver in Norwich area.

Sport

Downham Market Otters Swimming Club for the Disabled – Downham Market Leisure Centre – Tuesdays 2.15 – 4pm

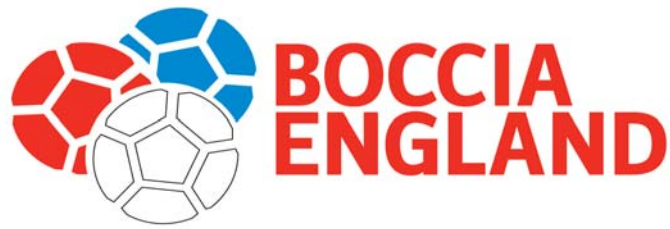
Club is for adults with varied disabilities and their carers, permission is needed from the disabled persons GP that they would benefit from water-based exercise and little information is required about the person's disability in order that they be matched with a suitable able-bodied helper or you may wish to bring your own helper. The Club would not be able to exist without the support and commitment of our able-bodied helpers. So we welcome anyone who would like to become involved in helping us serve the local community.

The exercises are based on the well-established Halliwick Method for helping people to benefit from exercise where most of the body-weight is borne by the water buoyancy



The main objective of the club is to enjoy yourself, whilst getting freedom of movement, in a safe environment. You may also wish to try to gain a swimming qualification. Membership of the club is £5 per year and £1 per session.

Please contact Cliff Gardner on 01366 500332 or Pierre Guerin (Membership Secretary) on 01366 381358 for further details.



Boccia is a sport with ancient Greek origins – it was developed from a traditional ball tossing game by Italians in the 16th century.

Today, Boccia is unique to the Paralympic Games, where it is played by wheelchair athletes with severe cerebral palsy and related neurological disorders.

The sport is a test of muscle control and accuracy, demanding extreme skill and concentration at the highest level.

For more information on the history of the sport visit the [IPC website](#).

How to play – and win

Boccia is played on a long, narrow court by individuals, pairs and teams. The goal is to throw or bowl a ball so that it lands as close as possible to the target ball, called a 'jack'.

At the end of every round, the competitor whose ball is closest to the jack scores one point for every one of his balls that is closer than his opponent's.

A game consists of four ends in individual and pairs competitions; there are six ends in team events.

Boccia at the Games

Boccia was introduced at the New York 1984 Paralympic Games. Today, there are seven medal events in the programme – all of which are open to athletes of either sex. Portugal has traditionally been the strongest Boccia nation.

Get involved - Boccia is truly a sport for all. A game of skill, it can be played together by men and women of all ages - with or without a disability.

CP Sport is the National Governing Body of Boccia in the United Kingdom

Boccia: Then and now

Interested in Playing Competitive Boccia?

Why Not Enter a Team in the National Pan Disability Boccia League 2010/2011

Some guidelines

- **Pan Disability**-for disability groups, sports & recreation clubs, schools, special interest community groups (e.g. church/age concern)
- A team must have a minimum of 3 players and a maximum of 10.
- 6 ends per game
- Play each team twice (home & away-or both matches at one venue if mutually agreed)
- Entry fee of £35* per team (*Boccia *England* are currently reviewing the pricing structure, this amount may change. We will update you when we request entry forms.)

- Arrange your own dates, transport, venues, team and referee. (The league runs between approximately October and July)

The league will be divided into geographical areas/regions (e.g. North East, South West, Midlands). (The areas will be set when we know exactly how many teams are interested and where they are based) The more teams in an area interested the better-so tell your friends, other groups and organisations!

The area winners then go through to Play-Offs with a chance to qualify for the National Finals Day in July 2011!

If you are interested, please return the '**Expression of Interest**' form to Boccia England,

By Friday 10th September 2010

We can then provisionally sort teams into area leagues and ask you for your entry fee. If then, not all teams enter and the structure changes and you choose not to take part, your entry fees will be refunded.

For any queries or further information, do not hesitate to contact us!

Boccia England, Unit 8 Heathcoat Building, Nottingham Science Park, University Boulevard, Nottingham, NG7 2QJ
Email: info@bocciaengland.org.uk
tel: 0115 9678455 fax: 0115 9224666

Green Gym



Want to improve your health and well-being but not too keen on running machines or lycra?

Then why not take a look at our award-winning alternative . . .

. . . you could be helping the environment as well as yourself!

We all know we should try to be healthier and fitter. We are increasingly aware of the importance of our natural resources and environment. Green Gym ticks all the boxes!

What is a Green Gym?

The BTCV Green Gym® is a scheme which inspires you to improve both your health and the environment at the same time.

Experienced leaders guide you through a range of practical projects, giving you the opportunity to tackle physical jobs in the outdoors – improving your strength and stamina, boosting your practical skills and confidence and benefiting your local green spaces.

More further information call BTCV Green Gym on 01603 767300 Or email gg-norwich@btcv.org.uk

Harling & District Social Support Group



Helping Each Other

The above Group meet every Wednesday 10.30a.m. to 12.30p.m.

At the Rudd Room East Harling

Our motto is 'Helping Each Other' and that is what we do. We enjoy fun activities, the occasional outing and regular speakers. We offer each other support, advice and help, a shoulder to lean on, a sympathetic ear when needed, plus practical advice and assistance too. Newcomers are made welcome.

Come along to a meeting and see who we are and what we do?

If you want to know more about our Group ring Annette - 01953 717697 or Roy - 01953 717472 or Ann -01953 718777

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Exercise with Sally: What is Exercise?

The definition of "exercise" as in The Illustrated Oxford Dictionary, is "activity requiring physical effort, done especially as training or to sustain or improve health." So what does this mean, how does it apply to our exercise sessions, and how does it relate YOU?

What does this definition mean?

- “activity requiring physical effort”

Exercise involves moving your body or parts of your body with purpose. This purpose may be to stretch, or strengthen, or increase stamina, or all three in order to become fitter. This generally means moving or being physically active more than you usually are.

- “done especially as training or to sustain or improve health.”

Your reasons for exercising will influence how much effort is required. If you want to be a first class sportsman/woman or athlete the amount of effort and time and the type of exercise you need to do will be extremely different from those wishing to exercise for their health and fitness.

How does this apply to our exercise sessions?

People come with a wide variety of reasons. Most people would like to improve or maintain their ability to move and carry out everyday activities. Stiffness may need to be eased; aches or discomfort can be alleviated. Or people have an understanding that exercising or getting fit is good for them. Some people who are restricted in their ability to be physically active are provided with an opportunity and the motivation, and feel relieved to be able to be more active. And there are many more reasons.

Every person is an individual with different needs and aspirations so the type of exercise or effort required can be different for participants within a class situation.

How does this relate to YOU?

People who come to our sessions genuinely feel they are not able to access their local community fitness classes or feel intimidated or uneasy about going to a gym. Or they

are not sure if exercise is suitable or of benefit to them. Or people think exercise is not enjoyable, and is about weights/big muscles, sweaty bodies...etc, etc.

Generally people are soon at their ease as groups are like an extended family. Everyone wants to enjoy what they do, supporting and interacting with each other. Quieter members can watch and listen while doing their exercises. New friendships are often made.

Reasons for exercises are explained, and individuals are encouraged to participate in a way that is appropriate for them. Some people participate for the whole session, some need to take a rest before continuing. The general atmosphere is light hearted although you will work hard if you are willing!

The physical benefits of exercising are well publicised in the news, in magazines and newspapers, and on television and radio. But two of the most popular reasons for coming to exercise is that people FEEL so much better, and it allows them to be sociable: meeting with friends and getting out of the house.

Remember: whatever your situation it's never too late to start, or to return to exercise. You will be glad you did!

Our next programmes start at the beginning of September.

First class is free so you can see if it's right for you.

Newcomers are welcome any time. There are classes in Norwich, North Walsham, and Potter Heigham. Each group has a different focus.

Please contact Sally if you are interested in joining a class, you want to discuss the suitability of a class, or you have questions about the sessions. You can call her on **01603 432487**, or email info@exercisewithsally.co.uk.

We look forward to welcoming you to a class.

Challenging Arthritis

Managing life with arthritis

- For people with arthritis who want to learn self-management skills and techniques to better manage their arthritis.
- Learn techniques on every aspect of life with arthritis – including pain management, relaxation, diet and relationships with health professionals.
- Helps improve communication skills, encourages people to exercise, and provides support and understanding from being with other people with arthritis.
- One session a week for six weeks led by fully trained people with arthritis.



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