

The logo features the word "NORFOLK" in blue, slanted capital letters on the left. To its right is a green, slanted rectangular shape. Further right is a large yellow circle. Overlapping these elements is the text "Disability Information Service" in black, with the "D" and "I" being significantly larger than the other letters.

# NORFOLK Disability Information Service

Newsletter  
November/December 2010  
Issue no. 72



**Norfolk** County Council  
@ your service

## Seasons Greetings



We would like to everyone a Happy Christmas and all Good wishes for 2011.

### **Christmas Day Cheer - for anyone on their own on Christmas Day**

**Dereham** here at Dereham we do Christmas Day Lunches. Last year we had about 75 people, we provide transport where needed and we have a united Carol service which begins at 11am so most people come to that, we then have a cup of tea and a 'bit of humour' (usually from my husband!) before lunch is served around 1pm. After lunch we provide entertainment before they leave around 4pm with a packed tea for more information ring 01362 851724

**Fakenham** –Anyone on their own on Christmas Day and wanting to share a Christmas meal with a Parishioner, could they please contact the Parish Office at Fakenham Parish Church on 01325 862268 to arrange

**Great Yarmouth** - Open Christmas 25<sup>th</sup> December - 11am to 6pm at the Marina Centre doors will open from 11am to 6pm. Guests are welcome to stay all day or come and go as they please. Christmas dinner will be served at 1pm and Christmas tea will be served at around 4pm. For more information telephone Mike and Rosie on 01508 480300

**Kings Lynn**, are having a Christmas Lunch at the Salvation Army premises in Wellesley Street, King's Lynn. Food has been donated by the Buckingham Emergency Food

**Norwich** - Open Christmas 25<sup>th</sup> December 11am to 5pm. On your own and lonely on Christmas Day; why not go along to St Andrew's Hall and enjoy good food, company and entertainment. Meals and transport are free. Transport can be arranged for Christmas Day to and from St. Andrews Hall by phoning 01953 857200. or by e-mail to: [transport@openchristmas.org.uk](mailto:transport@openchristmas.org.uk). More details about the event: <http://norwich-open-christmas.blogspot.com>

**Norwich Salvation Army** will be having their usual lunch here at the Citadel.

The service in the morning commences at 11am, if they are not intending to come to the service they should arrive around 11.45. the day finishes around 3.30pm and they are given a packed tea to take home. If anyone is interest provide transport for everyone and therefore I would advise anyone ringing that they need, they must phone me to book a place. We are not able to provide transport so people need to make their own travel arrangements for more information ring 01603 620747

**Sheringham** – People living on their own and living with the catchment area and radius of Sheringham GP's can visit St Andrews Methodist Church on Cromer Road who are offering a Christmas Day meal service The contact is Mrs Angela Reith of Age UK on 01263 821188 or people can go to the church direct after 1<sup>st</sup> December. Names and addresses will need to be supplied when contact is made.

**Thetford** – The Salvation Army will be opening for a meal on Christmas Day but people will need to apply. Please contact Val Chaplin on 01362 638229.

The Following information has been kindly provided by Anglia Salvation Army please contact them directly for more information.

If you wish to know more local information in your area please contact Keith or Sue and we will try to find out for you.

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## **Fakenham Parish Church - Christmas Tree Festival: 2nd - 9th December 2010**

From 10am – 8pm each day the Church is lit up by 85 Christmas Trees, each decorated for one of the 75 charities taking part.

Entrance is free but please bring a bag of coins so that you can donate money at your favourite charity tree(s). Charities range from national charities such as the British Heart Foundation to local schools and nurseries.

Throughout the Festival refreshments are available, including reasonably priced lunches and teas using local produce and home made cakes and scones. Coach parties should book in advance and we ask for £25 deposit.

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## **Christmas Services**

### **St Barnabas, Russell Street, Norwich**

On Christmas Eve there is a crib service, approximately 35 minutes long, then at 11.30 Midnight Mass. On Christmas Day the service is at 10.30, and again on Boxing Day which this year falls on a Sunday.

Each week there is a parish eucharist on Sundays at 10.30 and a midweek communion on Thursdays at 10.

There is excellent flat access for people with physical disabilities.

**St Mary Magdalene C of E Church, Silver Road,  
Norwich**

The services over Christmas are as follows: On Christmas Eve there will be a Christingle Service for families at 4.00pm. Services are at 10.00am on Christmas Day and Boxing Day.

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**Christmas Post Dates**

To beat the Christmas rush, make sure you post before the recommended last posting date.

Last recommended posting services Service

**UK**

Sat 18 Dec 2010 Second Class

Tue 21 Dec 2010 First Class

Recorded Signed For™ has the same last posting dates as the 1st and 2nd Class service that the customer has chosen to apply it to

Wed 15 Dec 2010 Standard Parcels

Wed 22 Dec 2010 Parcelforce 48

Thu 23 Dec 2010 Parcelforce Next Day

**Special Delivery™**

Thu 23 Dec 2010 Special Delivery™

International Airmail

Mon 6 Dec 2010 South & Central America, Caribbean, Africa, Middle East, Asia, Far East (including Japan), Australia and New Zealand

Fri 10 Dec 2010 Eastern Europe, USA and Canada

Mon 13 Dec 2010 Western Europe

## **Vauxhall Centre and Deaf Centre Christmas Closing**

Over the Christmas period both The Vauxhall Centre and The Deaf Centre will be closing at 4.00pm on Thursday the 23<sup>rd</sup> December 2010 and re-open at 9.00 am on Tuesday 4th January 2011.

We wish you all a very Merry Christmas and a Happy New Year

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## **A Poem by Eileen Cooper of the Vauxhall Centre**

### **LETTER TO A FRIEND**

MAY YOUR WORLD BE FILLED WITH BEAUTY,  
YOUR HEART BE FILLED WITH PEACE  
MAY THERE BE BLESSINGS ALL AROUND WHICH,  
DAY BY DAY INCREASE  
MAY THOSE YOU CARE ABOUT BE SAFE AND FREE  
FROM HARM  
AND MAY THE VOYAGE OF YOUR LIFE BE ALWAYS  
SMOOTH AND CALM  
MAY EVERYTHING YOU ARE HOPING FOR AND  
LOVE FILL EACH DAY  
AND MAY MY LOVING THOUGHTS LIGHT UP YOUR  
FUTURE WAY

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## **Welfare reform - New employment programme for disabled people is launched**

As part of the Government's commitment to helping disabled people, Work Choice, the employment programme for those with severe disabilities, is launched by the Minister for Disabled People Maria Miller today. It is expected to support around 23,000 severely disabled people each year – more than any of its predecessor Government programme.

This is an important part of the Government's ongoing commitment to disabled people and ensuring they have the same opportunities and chances as everyone else.

Across the country the help previously available has been patchy and fragmented with over 200 separate contracts. Work Choice will operate more efficiently, with just 28 contracts with Prime Providers.

The programme is available on a voluntary basis, and open to anyone who meets the eligibility criteria. It will sit alongside the new Work Programme which becomes available early next year.

Work Choice, which has been developed in close consultation with disability groups and disabled people, will greatly improve the effectiveness of current programmes by tailoring support to the needs of each person to help them find employment and then progress and stay in work.

Providers will also have the flexibility to agree with the customer what kind of support they need. This can include help with CV writing and applying for jobs. It can also progress to supporting people as they get used to going to work and will offer coaching in specific tasks as well as working with employers and co-workers to teach them how to adapt tasks so that a disabled person can continue to be employed.

Maria Miller, Minister for Disabled People said:

"We must remove the barriers disabled people face to getting into mainstream employment. It is right that everyone has the opportunity to compete in the job market.

"Work is the best way out of poverty and we know over 1 million disabled people currently on benefits want to work. We must give people the support they need to do this.

“Work Choice will ensure people facing the biggest barriers to work get the intensive support they need.”

### **Work Choice Factsheet**

Work Choice is a voluntary employment programme that provides support to disabled people facing complex barriers to getting and keeping a job.

You will benefit from Work Choice if you have a disability and wish to have a job where you can:

- develop and improve your job skills;
- have the opportunity to develop and progress through training and support; and
- have the right kind of support and encouragement when you need it.

### **Tailoring to your needs**

Work Choice will help you if you feel that you need a lot of support before doing a job on your own.

Work Choice is about meeting your needs through a flexible and individually- tailored programme so that you can get and keep a job.

### **Am I eligible to join Work Choice?**

Work Choice is a voluntary employment programme for disabled people of working age, with the highest support needs and whose disability is defined in the Equality Act 2010.

### **Is Work Choice suitable for me?**

Work Choice will help you if:

- you have complex work related issues and support needs arising primarily from your disability;
- you have requirements in work, which cannot be overcome through workplace adjustments required under the Equality Act 2010 or Access to Work support;
- you think you need longer term support in work and/or help finding work; and



- you cannot be helped through other DWP programmes.

## **How the programme works**

### **Work entry support**

At the start of the programme we will work with you to identify what your needs are to prepare you for work. You will have a choice of job seeking activities available to you, including:

- job search advice;
- job application support; and
- tailored vocational guidance.

You will agree a development plan with your Work Choice provider which makes sure you get the necessary training and support before you start work.

Work Choice providers are professional organisations who will give you the support you need to find and keep a job.

### **In Work Support**

Your Work Choice provider has access to a wide variety of vacancies with a range of employers.

When you are ready, your provider will help you find employment and support you in work. They will introduce you to the people in your new work place and will keep in regular contact with you.

Your provider will regularly review your development plan with you and your employer to check you are receiving the support you need, are making progress and developing in your job.

The aim is, with the help of your provider and employer, the support you require in work will reduce over time.

While you are receiving support in work, you will be required to work for at least 16 hours a week

### **How do I join Work Choice?**

Contact your local Jobcentre and ask to be put in touch with a Disability Employment Adviser.

Your adviser will tell you whether you're eligible for the programme and help you decide whether it is right for you, before continuing with the referral process.

### **To find out more**

You can contact Jobcentre Plus by visiting **[www.direct.gov.uk](http://www.direct.gov.uk)** or you can find our number in your local phone book.

Produced by Jobcentre Plus, part of the Department for Work and Pensions  
**WORKCHOICE** | v1.0 (October 2010)

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## **Norfolk County Council's Big Conversation**

### **What is the 'Big Conversation'?**

Norfolk County Council is predicting a budget gap of at least £155 million over the next three years, due to a combination of increasing council costs, increased demand for services, inflation and a cut in Government funding.

In view of this, the Council has published a consultation document that sets out some draft proposals for changes to its core role and the way it works, and specific proposals for savings 2011-14. The draft proposals have implications for the future of all county council services, including adult social care, learning difficulties, sensory support and mental health.

### **Where can I find out more?**

The consultation documents are published on the Council's website **[www.norfolk.gov.uk](http://www.norfolk.gov.uk)**, along with information about the different ways that residents and community groups can get involved. Alternatively, you can contact the Council by telephone: 0344 800 8020, or email: [information@norfolk.gov.uk](mailto:information@norfolk.gov.uk) for a printed copy of the consultation document or an alternative format.

As part of the consultation, the Council will be holding six specific events for disabled residents to hear their views on the draft proposals. These events will take place on:

**Monday 22 November 2010 – Great Yarmouth**

Afternoon event: 3pm to 5pm

Evening event: 6pm to 8pm

Both these events will be held at the Cobholm and Litchfield Health and Resource Centre, Pasteur Road, Great Yarmouth NR31 0DW.

**Tuesday 23 November 2010 – Norwich**

Afternoon event: 3pm to 5pm

Evening event: 6pm to 8pm

Both these events will be held at the Norfolk Coalition of Disabled People, Manor Farm Barns, Framingham Pigot, Norwich, NR14 7PZ.

**Tuesday 30 November 2010 – King's Lynn**

Afternoon event: 3pm to 5pm

Evening event: 6pm to 8pm

Both these events will be held at the West Norfolk Professional Development Centre, School House, Kilhams Way Kings Lynn, PE30 2HU.

To register to attend one of these events please contact Tim Pearson, by telephone 01603 228891, email: [tim.pearson@norfolk.gov.uk](mailto:tim.pearson@norfolk.gov.uk), or minicom 0344 800 8011.

All the venues will be fully accessible, and if you need help with accessible transport to attend an event we can arrange this. All the events will have a British Sign Language interpreter and meeting note taker present.

If you will find it difficult to attend an event because of child care, please let us know so we can discuss how we can help you with this too.

## **What will happen after the consultation ends?**

The Council's Cabinet will meet on 24 January 2011 to consider the findings of public consultation and which budget proposals to recommend to full Council on 14 February 2011. At this meeting, Cabinet may agree the proposals, amend them or make new ones in light of what they have heard from residents.

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**We want to make  
healthcare better for  
people with learning  
disabilities.**

Please tell us what you  
think of our plans.

Visit our website:

**[www.eoe.nhs.uk/learningdisability](http://www.eoe.nhs.uk/learningdisability)**

Email: **[vision@eoe.nhs.uk](mailto:vision@eoe.nhs.uk)**

Or telephone: **01223 596 888**

**Please respond by 11 January 2011**

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## WINTER SAFETY MESSAGE

from  
Norfolk Fire and Rescue Service

**This winter make sure you are safe from fire in your home by following these simple fire safety measures.**



Never leave candles unattended, always remember to extinguish them before you go to sleep and always make sure candles are standing up straight and fixed firmly in an appropriate holder.



Switch heaters off if you are not in the room and when you go to bed, don't place them near materials that could catch light.



Keep all flammables away from the cooker and if you use a chip pan consider changing this for a deep fat fryer.



Have your chimney swept before use.



Have your electric blanket checked.



Keep all matches and lighters out of sight and reach of children.

**A thatched roof is always at risk from fire. Once a fire has taken hold in a thatch it will spread rapidly.**

For more information about how to avoid a fire in your property, especially if it is thatched, please see our website [www.norfolkfireservice.gov.uk](http://www.norfolkfireservice.gov.uk).

**We also offer free Home Fire Risk Checks and also smoke alarm fitting for those most at risk, just call free on 0800 9178137 to request your free visit.**



**Norfolk** County Council  
at your service

## Preparing for winter: energy saving tips

We all want our homes to be warm and snug this winter - while keeping heating bills to the minimum. The solution? Make a few little changes so no energy goes to waste. Here are our tips for a warmer, greener winter... Heating your home is a necessary part of the British winter, but it can be expensive. Don't resign yourself to chilly rooms and big bills - just **make sure you're heating efficiently**.

With a little preparation you can **cut your heating bills** and settle in for a snug, green Christmas. Plus we've got other great ideas for being eco-friendly in the run up to winter.

- Fine-tune your central heating
- Bleed your radiators
- Insulate your loft and walls
- Check for draughts
- Get your boiler serviced
- Compost those autumn leaves
- Remember to switch off your lights

### Fine-tune your central heating

Heating controls can keep your rooms at a comfortable temperature without wasting energy. Make sure you have a full set of heating controls - you could **save around 15% of your heating bill**.

**Set your thermostat** at the lowest comfortable temperature - typically between 18°C and 21°C. Lowering your thermostat by just 1°C could save you around £40 a year.

**Use a programmer** to set when the heating and hot water come on and go off again. By installing a programmer and heating your home and hot water only

when necessary, you'll save energy and money.

**Use thermostatic radiator valves** - they sense the air temperature around them and regulate the flow of hot water entering the radiators to keep a set temperature in a room.

**Set your heating to suit your routine** - for example, if you work from 9am-5pm set your heating controls to come on for a few hours in the morning and again for when you arrive home in the evening.

### **Bleed your radiators**

Bleeding your radiators - releasing any air trapped in them - **improves your heating efficiency instantly**. Hot water can flow into every part of the radiator, so it does a better job of warming your room.

It's easy to bleed a radiator. First turn off your heating and let the radiators cool. Then put your "bleed key" into the valve at the top of the radiator and turn it to release the air. **Make sure you have a cloth or bowl to hand** - once the air is released a little water may spray out.

### **Insulate your loft and walls**

Full loft insulation could save you up to **£205 per year**, cavity wall insulation around **£160 per year** and solid wall insulation up to **£500 per year**. Plus there are plenty of grants and offers available for loft and cavity wall insulation to help you with the initial investment.

### **Check for draughts**

It's horrible sitting in a draught - and it means heat is escaping from your home, wasting valuable energy. Walk around your home on a windy day and work out where the draughts are coming from.

Look for:

- badly fitting windows

- gaps around doors
- letterboxes without draught excluding brushes
- gaps in floorboards

### Get your boiler serviced

To make sure your heating is safe and efficient, get your boiler serviced once a year. **Schedule the service for autumn**, so there's still time to organise repairs before the cold weather sets in.

Unserviced boilers can release dangerous carbon monoxide.

If your boiler needs replacing, go for an energy efficient condensing boiler - you could **cut your heating bills by 30%** immediately.

### Compost those autumn leaves

Make your own compost and you'll slim your bin and **save trips to the garden centre**. Start a compost heap while there are plenty of autumn leaves to put in it.

### Remember to switch off your lights

On dark winter evenings we switch on the light whenever we go into a room - but make sure you **switch it off again when you leave**. And if you haven't changed to energy saving light bulbs yet, give them a try.

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## Health & Well Being

### New: Dignity in the NHS webpage

NHS east of England launched a Dignity webpage last month, to find out more and use the resources available visit [www.eoe.nhs.uk/page.php?page\\_id=1227](http://www.eoe.nhs.uk/page.php?page_id=1227)

The launch is also supported by a poster campaign targeted at third sector organisations, local authorities, care homes and GP practices - for copies email [claire.ogley@easterndc.org.uk](mailto:claire.ogley@easterndc.org.uk)





## Free Workshops Workshops

<p>Norfolk and Waveny mental health foundation trust is offering 4 free workshops for anyone who is a client of the trust or attends the Vauxhall centre. They would benefit anyone who is looking to move towards work (paid or unpaid) education or voluntary work</p>	19th November	Volunteering
	26th November	Getting back into learning
	3rd December	Self-employment
	10th December	Paid Employment
	<p><b><i>Each workshop involves a presentation followed by a time for questions and discussion.</i></b></p>	<p><b><i>They run from 10.30 to 12pm at the Vauxhall Centre, Vauxhall Street, Norwich</i></b></p>
<p>To book a workshop contact Helen Simpson-Slapp 07747751656 Helen.simpson-slapp@nwmhp.nhs.uk</p>		

# Carers

## **‘Hidden’ carers missing–out on pension protection entitlement**

### **Eligible caregivers in Norfolk should apply for top–up**

A quarter of one million people nationally providing care for an ill or disabled friend or relative could be missing–out on a top–up that protects their basic and second State Pensions in later life. An estimated one million people have given–up work to care for someone and the Government wants ‘hidden’ carers who could be eligible for Carer’s Credit to benefit.

In Norfolk the County Council estimates that there are over 81,000 people providing unpaid care, of all ages, in the county of which some 16,000 provide more than 50–hours of unpaid care each week.

Pensions Minister Steve Webb said: “It’s natural that people caring for a loved–one often forget about their own needs and thoughts about the future are pushed to one side. But this is a very simple way for carers to protect their State Pension and I urge people to find out more by visiting the Directgov website [[www.direct.gov.uk](http://www.direct.gov.uk)] or by calling the Carer’s Allowance Unit [0845 608 4321].”

People who give–up their time for 20–hours or more a week to provide unpaid care for a loved–one, who are not already claiming Carer’s Allowance, could qualify.

There are currently less than 1,000 people getting Carer’s Credit. The Government and Carers UK [[www.carersuk.org](http://www.carersuk.org)] are calling for people to help identify hidden carers and encourage more people to ensure they

are claiming all they are entitled to.

Many people looking after an elderly parent, ill spouse or disabled child do not think of themselves as carers. In fact, according to research from Carers UK the majority of people who care for relatives take over a year to realise that they have become a carer. But if someone gives—up time to cook, clean, shop or provide personal care, unpaid, for someone they could be entitled to Carer's Credit.

Carer's Credit is not a cash sum now but means that a carer's financial future can be protected. It credits a person's National Insurance record for the time they are caring, and helps them to build up their State Pension.

For further information and for the full range of services and booklets available from Norfolk County Council visit website: [www.norfolk.gov.uk](http://www.norfolk.gov.uk).

A free telephone helpline for carers in Norfolk, run by Crossroads and funded by Norfolk County Council, is available Monday to Friday, 8am to 8pm, from Crossroads Norfolk Carer's Helpline on: 0808 808 9876.

The Norfolk Carers website at: [www.norfolkcarers.org.uk](http://www.norfolkcarers.org.uk) lists carers support groups in the county as well as other useful information.

*Source Norfolk Wellbeing*

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## Sport



(Movement to Music for the Over Sixties and Less Able People of all ages)

[www.extend.org.uk](http://www.extend.org.uk)

Registered Office

2 Place Farm,

Wheathampstead

Herts AL4 8SB

Tel/Fax: 01582 832760

e-mail: [admin@extend.org.uk](mailto:admin@extend.org.uk)

Pamela Redwood

1 Broad Farm Bungalow

Back Lane, Rollesby

Great Yarmouth, Norfolk

Norfolk, NR29 5EE

Tel: 01493 748830

Location	Day	Time	Teacher	Contact no
<b>Norwich</b>				
Aylsham Road	Tues	a.m.	Rosemary Winsworth	01603 427975
Costessey	Thurs	p.m.	June Perrett	01603 505297
Cringleford	Thurs	a.m.	Judy Barham	01508 494303
Earlham Road	Thurs	a.m.	Pamela Redwood	01493 748830
Eaton	Wed	a.m.	Patsy Martin	01508 570124
Grove Road	Thurs	p.m.	Patsy Martin	01508 570124
Hellesdon	Wed	a.m.	Rosemary Winsworth	01603 427975
St Augustins	Wed	a.m.	Wendy Coleman	01603 470890
St Stephens	Wed	a.m.	Linda Brooks	01603 617281
Thorpe	Mon	p.m.	Wendy Coleman	01603 470890
Thorpe St Andrew	Mon	a.m.	Linda Brooks	01603 617281
<b>NORFOLK</b>				
Acle	t.b.c		Pamela Redwood	01493 748830
Aylsham	Fri	a.m.	Purdy Merrifield	01692 407851

Bawburgh	Tues	a.m.	Linda Brooks	01603 617281
Bradwell	Mon	p.m.	Pamela Redwood	01493 748830
Brancaster	Thurs	a.m.	Shelley Ross	01485 533273
Brooke	Wed	p.m.	Dolores Grace	01508 558427
Brundall	Mon	a.m.	Patsy Martin	01508 570124
Denton	Tues	a.m.	Polly Munro	01379 643212
Denver	Wed	a.m.	Joanne Redcar	01366 384839
Dersingham	Mon	a.m.	Shelley Ross	01485 533273
Diss	Wed	a.m.	Polly Munro	01379 643212
Downham Market	Tues	a.m.	Joanne Redcar	01366 384839
East Runton	Tues	p.m.	Purdy Merrifield	01692 407851
Filby	Fri	a.m.	Pamela Redwood	01493 748830
Hemsby	Thurs	a.m.	Pamela Redwood	01493 748830
Hethersett.	Mon	a.m.	Patsy Martin	01508 570124
Honingham	Fri	p.m.	Christine Harvey	01603 880852
Horning	Thurs	a.m.	Sandra Edmonds	01493 700178
Hunstanton	Thurs	a.m.	Shelley Ross	01485 533273
Loddon	Wed	a.m.	Dolores Grace	01508 558427
Long Stratton	Tues	a.m.	Barbara Belshaw	01603 219984
Ormesby St Marg.	Wed	a.m.	Pamela Redwood	01493 748830
North Walsham	Mon	p.m.	Purdy Merrifield	01692 407851
Poringland	Mon & Tues	a.m.	Delores Grace	01508 558427
Sutton Lee	Fri	am	Shelley Ross	01485 533273
South Repps	Tues	a.m.	Lindsey Davis	01263 768159
South Walsham	Tues	p.m.	Pamela Redwood	01493 748830
Stalham	Thurs	a.m.	Purdy Merrifield	01692 407851
Surlingham	Tues	p.m.	Judith	01508 494303

			Barham	
Taverham	Mon	a.m.	Christine Harvey	01603 880852
Trowse	Wed	a.m.	Dolores Grace	01508 558427
Weston Longville	Tues	a.m.	Shelley Ross	01485 533273
Wymondham	Mon	a.m.	Patsy Martin	01508 570124
Wymondham	Mon	a.m.	Carol Bushell	01508 489619
Wymondham	Fri	a.m.	Liz Brown	01508 570660
EXTEND Exercise Training Ltd. A company limited by guarantee, registered in England. Company No: 2305901. Registered Charity No: 802498 President: Professor W. J. McLennan, MD, FRCP Vice Presidents: Mae Lonergan BSc, MSc, LRAM Baroness Greengross, OBE; Seona Ross BS Dip Ronald T Holpin				
				 One voice for sport and recreation

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## Computing - First Click

First Click, a campaign that the BBC has recently launched. The campaign specifically targets the over 55's and is aimed to encourage people of that age group to get a better understanding of computers and to start using the internet. I am currently looking for venues that may be interested in running First Click courses. I have copied a link to our webpage below. Do you think the campaign may be something your centre would like to get involved with? If you would like to be part of the campaign and run First Click courses you can register by following the link on the webpage to the partners area.

[http://www.bbc.co.uk/connect/campaigns/first\\_click.shtml](http://www.bbc.co.uk/connect/campaigns/first_click.shtml)

Additionally we can also list other IT courses you may provide on our advice line that we could also sign post people towards. If you have any questions please don't hesitate to contact me.



Creative Arts East,  
Griffin Court  
6 Market Street  
Wymondham,  
NR18 0GU  
☎: 01953 713390  
E-mail: [lizzie@creativeartseast.co.uk](mailto:lizzie@creativeartseast.co.uk)  
  
[url:www.creativeartseast.co.uk](http://www.creativeartseast.co.uk)

**Media Release**

**05/10/2010**

## **Norfolk's Online Writing Group for Disabled Writers Seeks More Members!**

Last Thursday is an online writing group set up with the purpose to enable disabled writers the opportunity to network and contribute from their own homes. Managed by Creative Arts East with support from Norfolk Adult Social Services, Last Thursday is looking for new members to join the group.

The group work to a monthly theme, submitting their works to each other on the last Thursday of each month. They then submit comments and constructively encourage each other in reply, interacting solely by email.

Natalie Jode of Creative Arts East said: "Last Thursday works as a fantastic tool for disabled writers who might not otherwise be able, or indeed inclined, to access existing writers meetings. The group, though currently small, is perfectly formed, providing a safe space for writers of all persuasions to release their material and solicit constructive feedback from which to develop their practise. We hope that by increasing the membership and the profile for Last Thursday that we will be able to continue supporting this crucial and grass roots-driven initiative".

To find out more about last Thursday please contact  
Natalie on 01953 713396 or email  
[natalie@creativeartseast.co.uk](mailto:natalie@creativeartseast.co.uk). For further information  
on Creative Arts East go to [www.creativeartseast.co.uk](http://www.creativeartseast.co.uk)

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## **Drum for life courses**

### **Feel great! Feel motivated!**

The art of drumming possesses many health benefits that can contribute to a person's overall well being, plus, provide an opportunity for personal development. I speak from my own life experience as a disabled musician.

I believe that participation in the arts is an empowering vehicle for disadvantaged people and communities. Drum For Life courses could be a valuable part of an organisations rehabilitation/educational programme, providing individuals with focus, an opportunity to develop self and nurture the light of aspiration.

This twelve-week, (flexible), one-to-one course on the drum kit is sensitive to a person's way of working: more chat, less playing or more playing less chat? It promotes communication, concentration, purpose and encourages the exploration of ideas and a person's goals. discussion on why and how to achieve these goals is an organic part of the drumming session. By the end of the course I feel sure complete beginners will not only have improved self-esteem, but will have mastered a new skill that could open up many new experiences. From week one and our musical interests, understanding the building blocks of drumming, our first rhythm, through to the WOW factor of a "fancy fill", drumming is a life enhancing past time. Scheme of work available.



## **How I became a drummer**

At the age of nine it came as a shock to me and my family to learn I had rheumatoid arthritis. This condition became chronic and led to substantial sight loss. I had to adapt to my new life circumstances including,

- Accept that this was a reality.
- Overcome the negative perceptions of me by others (the Medical model).
- Resist community isolation through a positive attitude and self-belief.
- Defining a new role (social and work) for my future successes in life.

Part of defining that new role was learning to play drums. Having two years out of school I had an ideal opportunity to practice most days, health permitting. Crikey! The neighbours soon stopped talking to me. But after those two-years my playing had become quite good, and when I went off to a “special” school drumming immediately had a positive influence, being asked to join the school’s brass band, great! My self-esteem, confidence, communication skills and a vastly improved social life were tangible evidence to the benefits of drumming.

From the mid 1980’s onwards I’ve been playing in bands semi-professionally and teaching beginners. Currently, I run a 7-piece Jive band called Curly Blows It Dry. Visit our website and listen to tracks, go to the music link at [www.curlyblowsitdry.co.uk](http://www.curlyblowsitdry.co.uk) I built on this self-belief and in 1991 went back to education, which I’d missed out on in the 1970’s, gaining my Degree.

## **My recent work**

Having worked for Norfolk County Council, Adult Social Services as a Disability Development Worker, I appreciate a person centred approach, that includes, active listening, exploring aspirations, action planning and

providing community information to further an individual's goals. An experienced music workshop tutor with Community Music East, I have a solid background in arts education, backed up with a City & Guilds teaching qualification.

If you or your organisation are interested in this course, or wish to develop new ideas from it, I'd be pleased to talk with you.

#### **For further information / costs**

Contact: Peter Kitson  
Telephone: Norwich (01603) 700431  
Email: [peter.kitson4@ntlworld.com](mailto:peter.kitson4@ntlworld.com)

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**Country Dancing**  
**Last Friday of the month**  
**At the Vauxhall Centre**  
**2 – 4 p.m.**  
**Next meeting 26<sup>th</sup> November**  
Afternoon tea and raffle



Contact : Sheila Hawkes 01603 610799 or Sarah Smith / Christine Isaacs 01603 626014

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#### **The Ring**

The next meeting of THE RiNG The Rheumatoid in Norfolk Group will be on November 3<sup>rd</sup>, 2010 at Hethersett Village Hall, Back lane, Hethersett from 2-4 pm when Dr Karl Gaffney Consultant Rheumatologist from the Norfolk and Norwich Hospital will be talking about Rheumatology in the new Millennium. On Saturday December 11<sup>th</sup> 2010 we are having our Christmas lunch at Dunston Hall. If you would like to join

us but haven't already booked your place and would like to come or get more information please ring our freephone number 0800 055 3637. On January 11<sup>th</sup> at Hethersett Village Hall from 2-4 pm Consultant Anaesthetist Dr Peter Phillips from the Norfolk and Norwich Hospital will be talking about 'laughing gas - controlled unconsciousness during surgery now and in the past'.

We are the only social and support group for people in Norfolk with Rheumatoid Arthritis or an inflammatory arthritis. If you haven't already been to one of our meetings why not come along and see whether you like us or pass this information on to someone you know who would benefit from our meetings. Look on our website [www.thering.org.uk](http://www.thering.org.uk) or ring our freephone number for more information. We meet usually at Hethersett Village Hall on the first Wednesday of each month from 2-4 pm where we have guest speakers and social events. We charge £3 per meeting which includes homemade cake tea/coffee. You can come three times to our meetings before deciding whether you would like to become a member which costs £6 a year. We also welcome partners/carers and associated health professionals. We look forward to meeting you.

Elaine Bounds – THE RiNG Secretary

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## **Watton & District Diabetes UK Support Group**

Watton & District Diabetes UK Support Group meet on the 2nd Monday of every month at the Pentecostal Church, Watton.

The meetings are friendly and informal, with a variety of speakers. We welcome people with Diabetes and/or their carers. The cost is £1.50 per person and we meet from 10.15am for approximately 2 hours and refreshments are

available. Our final dates for this year are November 8th and December 13th. Further details available from Helen on 01953 884713, please leave a message and I will get back to you as soon as possible.

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### **New group for Lesbian, Gay, Bisexual and Trans (LGBT) disabled people**

A new group for Lesbian, Gay, Bisexual and Trans (LGBT) disabled people across Norfolk has recently started. The group offers peer support, the opportunity to share information, take part in events and raise awareness around being LGBT and disabled. There have already been discussions about access and social activities. We will do things like bowling, eating out, cinema, and whatever activities the group decides on. We will also be involved with Norwich Pride, LGBT History month and various other organisations, working with them to improve disabled access at their events and in their promotional material.

Anyone who identifies as LGBT and disabled, including people with chronic illness is welcome to join by contacting... [hazel.simons@ncodp.org.uk](mailto:hazel.simons@ncodp.org.uk)

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### **For Sale - Bath Buddy Inflatable Bath Lift in full working order**

Allows you to sit level with the top of the bath and then use the controls to lower yourself into the water. Using the same control the seat can be re-inflated to lift you out of the bath.

This device enabled my mother to enjoy a soak long after she was unable to climb in and out of the bath. However, since she has had her bathroom adapted it is no longer needed.



**ONLY £250** ono (New this product costs £700+)  
Tel 01508 480693

**Quiz:** Time for one of my cryptics? This one has, surprise surprise, a Christmassy flavour.

1. These are wet and expensive to fly (8)
2. I'm not in my car oil (5)
3. This thrush is just dragged along for decoration (9)
4. Don't throw this snowball, it's yellow (8)
5. Goes in league with a creeper (5,3,3)
6. Oh no, there's an orange a-foot (4,8)
7. Too out of breath to speak, and it shows (9)
8. Heat was in the very sod he printed (4,4,8)
9. Bells in the belfry (4,4,6,2,4)
10. Sound the screw George (7)
11. Bar this musical insect (6)
12. Killer transport (6)

Good Luck, the correct answers will appear in the January edition



British Sign Language coffee morning  
**At**



**at "About with Friends"**

Will finish on **22 November 2010**

Thank you for your support!

**For more information please contact;**  
Deaf Connexions, Unit 14, Capitol House, 4 Heigham St,  
Norwich NR2 4TE  
01603 660889 (voice or fax) 01603 661113 minicom  
email [deafconnexions@btconnect.com](mailto:deafconnexions@btconnect.com)

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或电邮[ndis@norfolk.gov.uk](mailto:ndis@norfolk.gov.uk)。