

The logo features the word "NORFOLK" in blue, slanted capital letters on the left. To its right is a green, slanted shape resembling a leaf or a stylized letter 'S'. A yellow circle is positioned behind the green shape. To the right of the green shape, the words "Disability", "Information", and "Service" are stacked vertically in a large, bold, black sans-serif font.

NORFOLK
Disability
Information
Service

Newsletter

January/February 2011

Issue no. 73

The logo consists of a small crest on the left, followed by the text "Norfolk County Council" in a green sans-serif font, and "@ your service" in a smaller black sans-serif font below it.

 **Norfolk** County Council
@ your service

A happy new year to all our patrons and welcome to this the first edition of NDIS for 2011.

In these trying times of cold weather and cut backs, we wish you well for the coming year and hope to receive your continued support.

Health and Wellbeing

Vitamin D can guard against Parkinson's

Studies in Finland over the past 30 years show that people with low levels of vitamin D could be at possibly three times the risk of developing Parkinson's Disease.

Doctors have known for many years that vitamin D helps calcium uptake and bone formation. Now, research is showing that it also plays a role in regulating the immune system, as well as in the development of the nervous system.

Vitamin D is produced when the body's skin is exposed to the sun, and also from milk, cereals and oily fish, among others. Researchers, however, say more study is needed before they recommend dietary supplements or increased exposure to sunlight. Dr Kieran Breen, director of research at Parkinson's UK, said: "A balanced healthy diet should provide the recommended levels of vitamin D".

source: The Citizen Online.net

British Red Cross website re-launched



The British Red Cross redesigned website www.redcross.org.uk is easier to use and has even more

information.

Regular updates are provided, including those for staff, volunteers and their blogs.

Also, easy access to nearly two hundred Red Cross services is provided, such as job opportunities, courses, charity shops and wheel chair hire.

Disability Issues

Equality Act 2010

The Equality Act 2010 became law in Spring of 2010. However, the implementation of the Act was not applied until 1st October 2010 and then only when ninety percent of the Act came into force, the rest of it being introduced in April 2011.

The Act brings together nine big pieces of legislation and about one hundred smaller ones, into one single Act. Simplifying the law and strengthening it in important ways to help tackle discrimination and inequality.

Some of the pieces legislation now incorporated into the new Act are the Equal Pay Act 1970; The Sex Discrimination 1975; The Race Relations Act 1976; The Disability Discrimination Act 1995 plus the various Employment Equality Regulations as regards Religion or Beliefs (2003); Sexual Orientation (2003) and Age (2006).

However, the Disability Equality Duty in the DDA still continues to apply.

As regards disability the Equality Act aims to protect disabled people and prevent disability discrimination. It provides legal rights for disabled people in the areas of:

- employment
- education
- access to goods, services and facilities including larger private clubs and land based transport services
- buying and renting land or property
- functions of public bodies, for example the issuing of licenses

The Equality Act also provides rights for people not to be directly discriminated against or harassed because they have an association with a disabled person. This can apply to a carer or parent of a disabled person. In addition, people must not be directly discriminated against or harassed because they are wrongly perceived to be disabled.

The Government Equalities Office has produced an easy read document entitled 'The Equality Act, making equality real' which can be downloaded from http://www.equalities.gov.uk/equality_act_2010.aspx.

You can also contact them by post email, telephone, voice message or fax at:

Government Equalities Office, 9th Floor, Eland House
Bressenden Place, London, SW1E 5DU.

Eland House (Communities and Local Government)
public enquiry number: 0303 444 0000

Email: enquiries@geo.gsi.gov.uk

GEO Public enquiries: 0303 444 1204.

Fax : 0303 444 3303

Disabled people among the hardest hit by the comprehensive spending review

In the recent spending review the Chancellor George Osborne announced a series of reforms that will create an extra £7bn in welfare cuts. The cuts include changes to disability payments, housing benefits and child tax credits. The main changes which affect people with disabilities include:

- Withdrawing employment and support allowance (ESA), (which will eventually replace incapacity benefit), after one year for one million claimants in the Work Related Activity Group. This is the second group for those heading back towards work. Claimants in the first group are too ill to be considered for work. This will save £2bn a year by 2014-15. ESA was brought in to replace incapacity benefit and supports people who are unable to work because of ill health or disability. These cuts mean that people who moved on to ESA and who previously worked will only be able to claim it for one year. At the moment, there is no time limit and people can claim ESA until they find another job.

After one year, people with assets, savings or partners who work will no longer receive benefits. Single people with no assets may be able to qualify for a means-tested safety net, but everyone else will have to manage on their husband or wife's salary – no matter how low it may be – or dip into any private savings they may have.

- Removing the mobility component of the disability living allowance (DLA) from residents in care home from October 2012. This will save £135m by 2014-15. The cut will affect 380,000 people living in care homes. This is the money that helps people with

disabilities get to the shops or visit their families. With no mobility funding, disabled people with no family or friends nearby will in effect become prisoners in their care homes, unable to get out at all. Many people in residential care already have their income capped at £20 a week once their care has been paid for and rely on the mobility benefit to be more independent.

- A medical assessment will be carried out for new and existing claimants of DLA to ensure that only those who need it can claim it.

Helen Dolphin, Mobilise Director of Policy and Campaigns said “I am very concerned that these cuts will reduce the mobility of many disabled people. The government is cutting the mobility component of DLA for people who live in residential care which will impose further isolation on vulnerable people.”

For more information on the spending review visit http://www.hm-treasury.gov.uk/spend_index.htm

Radar to review support for disabled employees

The chief executive of disability network Radar is to launch a review into the support services available to disabled employees to discover whether they are as effective as they could be in their work.

Minister for disabled people Maria Miller announced that Liz Sayce would be undertaking the evaluation, saying she will bring a wealth of expertise and knowledge to the process.

Ms Sayce will be looking into the Department for Work and Pensions' support system for people who need the

most help in stepping onto the career ladder, consulting with a number of stakeholders on the matter.

"Disabled people continue to face barriers to employment and I hope that this review will help the department make real improvements," she remarked.

Her comments come after the Department of Health published guidelines to help local and central government organisations improve communication with disabled people and those with learning disabilities, with Easy Read to be the focus of the documentation.

Poor service for disabled customers

Mystery shopping has revealed that disabled customers seeking communications services are being poorly served.

Ofcom commissioned the survey of various mobile phone services by requesting mystery shoppers to claim to be seeking advice on behalf of disabled relatives. Nearly a fifth of the callers were told that there were no special services available.

Ofcom is planning to further mystery shopping and says it will consider taking enforcement action if necessary. This could result in a fine of up to 10 per cent of turnover for those failing to meet their obligations.

Norfolk anti-cuts protest

Norwich was at the centre of a huge anti-cuts protest this afternoon as more than 1,000 people marched through the city centre.

Stephanie Ash, from Norfolk Coalition of Disabled People, said many people with disabilities were worried that they would lose their independence if the cuts took place.

“What we are worried about is the loss of independence,” she said. “I think that disabled people have felt that things have been moving forward and we have been able to live independent lives in our own homes. A lot of us are concerned about being institutionalised and having our independence taken away from us.”

Jo Rust, from the Norfolk Coalition Against the Cuts, said the march had demonstrated that it was many ordinary people who would be hit by the cuts.

“It’s been brilliant,” she said. “It’s not just about the trade unions, we have had hundreds of service users turn out prepared to speak out about how these cuts are going to devastate their lives.

“This is going to grow into something bigger.”

A new wheelchair, scooter and passenger assessment and training centre

A new wheelchair, scooter and passenger assessment and training facility at the East Anglian Driveability centre in Thetford has opened.

When a person is elderly or less able, their ability to drive and control a mobility scooter may need to be assessed by a qualified professional. This ensures that they understand their own capabilities and remain safe at all times along with surrounding pedestrians.

At the end of the assessment, a report is compiled for the client who may then, if appropriate, share it with a referring organization such as Access to Work, BLESMA, SSAFA, Motability, Solicitors, Insurance Companies and Social Services.

The UK Government is currently reviewing the design and safety of mobility scooters, and is focusing on better assessment and training for scooter users. Therefore, East Anglian Driveability's new facilities will become even more essential as legislative changes occur and the ageing population continues to grow.

The Centre provides a team of professionally qualified OT's who can assess for and recommend the most suitable type of mobility scooter for people living in Norfolk, Suffolk, Essex, Cambridgeshire and Lincolnshire.

When an individual is looking to purchase a quality mobility scooter and contacts a leading, well-respected specialist such as TGA, the professional TGA advisors may now recommend that potential customers visit East Anglian Driveability for an assessment.

The scooter assessments take into account the client's needs, physical abilities and relevant medical conditions that may affect choice of vehicle, whilst also providing instruction in driving and road safety and other considerations such as storage and loading into a car.

The new test track at the Centre is purpose built to provide an environment that highlights many aspects of

controlling a mobility scooter that need to be considered, before purchasing. These include maneuvering around obstacles, dealing with different terrains, reversing and tackling kerbs.

With support from TGA and other local dealers, the Centre provides a range of on site scooters, which can be utilised during the assessment process.

Isabel Coe, Chief Executive of East Anglian Driveability concluded, "My team and I are extremely excited about our new facilities and believe they will make a tangible difference too many people's independence.

Highway Code for mobility scooters

A new Highway Code for Britain's mobility scooter drivers has been launched following public concern over the increasing toll of accidents caused by the vehicles.

The new Highway Code has been created by Norfolk Constabulary in partnership with leading mobility retailer, Halfords, in an effort to tackle public concerns regarding safe scooting and increase user safety.

Guidance includes telling scooters not to drive on the motorway, not to drink and drive, to check medications that could cause drowsiness before driving, and to always give pedestrians priority on pavements.

Halfords mobility expert Samantha Preece said: In sponsoring the Highway Code we are able to make invaluable information available to all our customers, as well as raising the awareness of this very important issue to users and their carers.

We recognize scooters are a route to freedom for many people, and we are committed to helping our customers make the most of their regained independence.

Latest figures from the Office for National Statistics show that the population of the UK is ageing. Over the last 25 years the percentage of the population aged 65 and over increased from 15 per cent in 1984 to 16 per cent in 2009, an increase of 1.7 million people.

By 2034, 23 per cent of the population is projected to be aged 65, suggesting that mobility safety may become a serious problem if it is not addressed.

Safe Scoot Guides and supporting DVDs are given free to people purchasing mobility scooters in Halfords stores across the UK, where customers are also offered expert advice and demonstrations on how to drive the vehicles.

Halfords is the first major retailer to offer a large range of mobility aids and accessories in 248 superstores and on line.

The Safe Scoot Highway Code and DVD, is narrated by TV's most famous scooter user, Sheila Reid who plays Madge in hit-comedy Benidorm.

The Safe Scoot Guide is divided into seven sections. Its helpful safety tips include:

DO:

1. Make sure you can control the scooter before taking it out.
2. Keep the battery fully charged.
3. Watch out for children - they may run in front of you without warning

4. Be aware of elderly and the disabled who may not be able to move quickly out of the way
5. Give pedestrians priority on pavements and show consideration for other road users.
6. See and be seen, wear a fluorescent jacket or put reflective marking on the scooter, put the lights on.

DON'T:

1. Drive on busy roads and do not drive on the motorway. If on a dual carriageway the scooter must display flashing amber lights.
2. Do not drink and drive and check medications which could cause drowsiness.
3. Do not carry another person on the scooter.
4. Do not carry or walk a pet while operating the scooter.
5. Do not wear loose fitting clothing which could get caught in the wheels.
6. Do not overload the scooter or hang shopping from the handlebars.

Norfolk Independent Living Groups

Are you interested in meeting other disabled people and carers?

Are you interested in taking part in the shaping of social care?

If so you are invited to join an Independent Living Group.

What is an Independent Living Group?

A way to:

- Find out information on Direct Payment and Personal Budgets
- Learn from each other on independent living

- Extend your horizon
- Become more of an expert yourself
- Have an opportunity to influence County Council decisions on future policies

Who?

The groups are for people who want to take control of their lives and make their own decisions as well as people looking for support and information.

There are other ways you can take part if you are unable to attend the meetings either by phone, email or post.

When?

The Independent Living Groups meet every two months for an informal discussion.

Refreshments are available and travel and personal assistant expenses will be paid.

Where?

The groups meet at:

- Great Yarmouth
- King's Lynn
- North Walsham
- Norwich
- Watton

All venues are wheelchair accessible and have plenty of car parking.

Interested in joining?

Please contact NCODP on:



Tel: 01508 491222



Fax: 01508 491223



Email:

norfolkilg@ncodp.org.uk



Carers

£400 million for carers respite break

The government has announced that £400 million is to be spent on respite for carers through the NHS in the next four years, as part of its new vision for adult social care. Allowing, those who care for vulnerable family and friends a break for themselves. It is planned that the state will also arrange a paid carer for the duration of the break.

Included in this vision, is the plan to introduce “personal budgets” for everyone by 2013. The aim of personal budgets is to give people more choice as regards flexibility and control over the social care services they receive. Carers will be able to structure services to meet their specific needs including taking respite breaks such as holidays or hobbies.

This additional funding spread over the next four years is for the hundreds of thousands of carers who work over 50 hours a week.

However sadly this money has not been specifically ring fenced for carers and there are fears that because of this it may not be used for its intended purpose. Money earmarked in the past for carer’s breaks has been spent elsewhere.

Research carried out by The Princess Royal Trust for Carers found that in the financial years 2009/10 and 2010/11, GBP150 million was pledged for carers' breaks, and that most primary care trusts failed to spend the money on carers and instead used it elsewhere."

New Strategy for Carers in Norfolk Launched

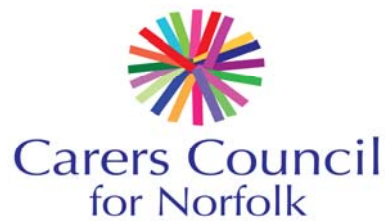
The Strategy for Carers in Norfolk 2011 – 2014 was officially launched on 3rd December 2010. The strategy has been jointly developed by Norfolk County Council, NHS Norfolk and NHS Great Yarmouth & Waveney and demonstrates a commitment by them all to work together to provide services for carers.

It sets out in broad terms what they are going to do for carers. It tells people the ideas and influences behind what we are going to do. It will be the base around how services are commissioned in the future and has been developed with the full participation and consultation of the Carers Council of Norfolk..

Copies of strategy can be viewed on the Norfolk County Council Website

http://www.norfolk.gov.uk/Adult_social_services/Carers_and_families/Carer_support/index.htm

Or you can contact 0344 800 8014 to request copies.



IMPROVING SERVICES: We are a partnership of Carers and Carers' organisations that work together to improve local services for Carers by advising decision makers and funders.

EXCHANGING INFORMATION: We facilitate the exchange of information between organisations, and between organisations and Carers and help develop information products for Carers.

GIVING CARERS A VOICE: By being truly representative, inclusive and accessible.

WORKING COLLABORATIVELY: We are innovative, progressive, and achieve things through truly collaborative working: putting Carers' needs first

The Carers Council for Norfolk is a partnership of Carers & Carers' organisations, the voluntary sector, working with Social Service / Health service representatives and other governmental organisations.

This combination of first hand experience and professional expertise has enabled carers to have considerable input in to such things as the Norfolk County Council 2011-2014 Carers Strategy, shaping its aims to meet the needs of carers.

Carers, through both the main Carers Council and through working in Rapid Action Teams (RATs), have

been able to advise decision makers and funders about the issues that really matter to them and help find innovative and progressive solutions across a wide range of subjects from Carer Breaks; Respite; Carer Finance; Assessments and the development of Personalisation - *to name a few!*

The CCN is represented (by Carer members) on the Norfolk Strategic Commissioning Group for Carer Services, a joint Social Services & Health board, as well as working in partnership with a wide range of Voluntary & Community sector organisations.



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

4th Tuesday every month
1 – 3pm

25th Jan – Personal Budgets – A Carers View

22nd Feb – Talking within the Family

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

Access All Schools is a new report that looks at how Norfolk schools support disabled parents to encourage their children's learning.

In an average classroom of 25 children, 7 have a parent with physical or mental impairments who find that social and environmental barriers can make it harder for them to help their children learn.

The survey found that only half of disabled parents get good information about their child in a way that suits them. Poor information is a barrier. Some disabled parents have to rely on others to read letters, including their children.

Poor transport, and getting children to school, is the most frequent problem disabled parents have to deal with. This barrier makes it hard for some disabled parents to talk to teachers in school, go to school events or to volunteer.

New ways of teaching make it hard for some disabled parents to help their child with homework. A third of disabled parents do not know if their children are learning well, and the way reports are given is a common barrier to parents in knowing how well their children are learning.

School websites often had poor disability access and out of date information. Better websites could help some disabled parents who are isolated in rural areas, and those with children in secondary schools. They would be good examples of inclusion and equality for pupils too.

Two thirds of parents had asked school for individual support for their child, but only half of these found school supported them well.

Few schools have told all parents about the support they can call on to prevent children becoming young carers.

Information needs to go to all parents so they can decide themselves if they need support, and how to take control and prevent family difficulties getting worse. This makes life easier for young carers and improves life chances. The full Access All Schools report has an example school policy for young carers.

Most disabled parents want schools to ask all parents if they have support needs, and to offer ACES Options - Access, Communication, Equality and Support Options - to help ensure that disabled parents and their children have equality.

Access All Schools suggests all disabled parents should get support around school matters if needed. Ask in school or through Community Care by tel: 0344 800 8014, fax: 01603 762445, textphone: 01603 763585. Say you are a disabled parent and you need support in your parenting role.

Recommendations are also made for schools, local authorities, voluntary groups and Government:

The next stage of Access All Schools is to develop disability equality skills among disabled parents in Norfolk to support school Equality Plans.

For more information, contact Norfolk Disabled Parents Alliance on 01553 768193

A summary and full Access All Schools report is on www.norfolkparents.org.uk or email: info@norfolkparents.org.uk

Disabled children helped by guide



A guide has been launched that will help families make a challenge to cuts aimed at disabled children's services.

Making Disabled Children Matter Locally 2010 has been published by Every Disabled Child Matters. It is a guide that will hopefully influence decision-makers and improve resources and rights for disabled children.

The publication provides practical tools to lead to success in campaigning for local services and to make a challenge to spending and service cuts. www.edcm.org.uk

Bully advice for schools

Schools are to receive advice on how to stop the bullying of children with disabilities and special needs.

Mencap says that 80 per cent of children who have learning disabilities suffer bullying, with 60 per cent being physically hurt.

Evidence has shown that children who have special educational needs may be more isolated than others and may find it harder to resist bullying and to inform someone about it.

Sport

Disabled facilities for Great Yarmouth's Marina Centre

A RANGE of facilities for disabled people at Great Yarmouth's Marina Centre swimming pool has been launched

Mayor Michael Jeal was on hand to cut a ribbon and officially open the new poolside disabled changing room.

And Betty Brown, chairman of the Marina Centre Physically Disabled Swim Club, also got the chance to glide into the pool in the safety and comfort of one of the centre's two new water wheelchairs.

The new changing room includes a hoist, adjustable changing bed, shower and toilets, as well as other state-of-the-art facilities for swimmers with a disability.

Funding for the wheelchairs, which cost £1,500 each and are designed to support swimmers of different weights, was made available from NHS Great Yarmouth and Waveney Small Grants awards.

A spokesman for the centre, which opened the facilities earlier this month, added: "The mayor also presented medals and badges to members of the Disabled Swim Club who had recently completed an hour's swim – with gold medal winners swimming more than a mile in that time."

The Disabled Swim Club meets at the Marina Centre every Saturday morning from 8.30am to 9.30am and has used the Marina Centre ever since it was opened.

The club welcomes new members aged from 18 to 75 with a physical disability.

People who may be interested in joining the club can contact Jenny on 01493 728 327 or Betty on 01493 733565.

The water wheelchairs can be used by any swimmer with a disability, as well as club members, during normal pool opening hours, subject to a £5 returnable deposit.

General

Theatre performances for doctors

A new General Medical Council (GMC) project has been set up for doctors to help improve treatment and care for people with learning disabilities.

People with learning disabilities, carers and doctors will be invited to performances of a specially commissioned play, which follows the frustrating experiences of a patient with learning disabilities.

Starring professional actress Sarah Gordy, the performances will stimulate debate among doctors and the results will help the GMC to provide on-line guidance for doctors.

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DEAF CONNEXIONS
**ENGLISH SKILLS
FOR THE DEAF**

BRUSH UP YOUR ENGLISH SKILLS

FREE!!

DO YOU....

FREE!!

WANT TO IMPROVE YOUR ENGLISH?

WANT TO IMPROVE YOUR READING?



**SECOND 12WEEKS COURSE TO START
THURSDAY 13TH JANUARY 2011**

3.00 TO 5.00PM

TUTOR = JUDITH NICHOLLS

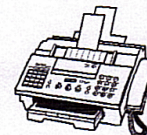
Please see Julie Dwyer if you want any more
information

Fax 01603 660889 or

01603 762802

Norwich Deaf Centre

Johnson Place, Vauxhall street



**Are you creative, have a few hours a week to spare
and have excellent listening skills?**

You sound like the perfect
Life Story Book Volunteer
for North Norfolk

We are looking for creative people with good listening
and communication skills to join our passionate team of
volunteers, who can spend a couple of hours a week with
someone who has dementia, creating a book of
memorabilia, photographs and anecdotes of
that persons life.

The benefits for a person living with dementia being,
the satisfaction of producing the book and enjoying
the completed album with others.

It is also very helpful in care home situations
helping staff to communicate.

All agreed out of pocket expenses will be paid and
full training given.

Helen Dingle 01603 763517
Helen.dingle@alzheimers.org.uk

More funds needed to get boat on the water

Waveney Stardust urgently needs to find about £25,000 to complete their new custom-built vessel which is fully wheelchair accessible.

Plans for the £250,000 boat have been in the pipeline for about five years, but despite being so close to completion the recession has made it difficult to secure funds and more money is needed to kit it out with furniture and fittings.

The charity, which was founded in 1988 and is run by volunteers, has just finished its 18th season with its much-loved vessel Waveney Stardust I. The boat has carried about 45,000 passengers approximately 58,000 miles since becoming operational in 1992 and is the busiest vessel on the Broads.

Demand for the vessel has been so high in recent years the charity decided to commission a second craft.

As well as being fully wheelchair accessible, Waveney Stardust II has lowered windows, a disabled toilet and kitchen facilities.

Mr Howitt, who is vice-president of the European Parliament's All Party Disability Rights Group, said: "We need to push the boat out and make some waves for this final fundraising challenge.

"Life out on the water is something that people with disabilities have often been restricted from enjoying but the Waveney Stardust II will open up new possibilities for people regardless of their ability."

He added: "Waveney Stardust I is the busiest boat on the broads. It carries more passengers than any other boat

on the broads. It shows there is a real demand to have this boat running.

“The new boat was built in Lowestoft and kitted out at the Waveney River Centre, so it is a great local enterprise.”

Waveney Stardust chairman Stephen Shepherd said the charity operates seven days a week from April 1 to the end of December each year. It is hoped the new boat will be operational by the start of the new season.

Mr Shepherd said the service is much-valued and added: “Our aim is to open up access to the Broads to people who otherwise couldn’t get out there.”

To make a donation cheques should be made payable to Waveney Stardust and sent to Stephen Shepherd at 19 Gilpin Road, Oulton Broad, Lowestoft, NR32 3NS.

The D.I.S.S. Group

The D.I.S.S. Group. Our name stands for **D**isability **I**ssues and **S**ocial **S**upport. The group was set up with the aim of giving **physically disabled** people and their **carers**, in Diss and surrounding villages a place to meet.

We have been successful in raising awareness at the lack of access to Diss station and in doing so things are improving. We have speakers, we have a few outings but mostly we have fun.

We have our own computer for all members to use. Tea, coffee and biscuits are provided for 50p. We meet every Tuesday between 10am and 1pm at The Denny Centre Complex, Thomas Manning Road, Diss, IP22 4HL.

If any of this sounds of interest to you please come and give us a try. You will be made very welcome. Don't worry if you feel shy as most of us were, but after being with us for a short while you will experience the warmth and friendship of the fellow members. For further details please contact our Chairman Jeff Mantle 01953 718382 or 07920043589 or e-mail mantlejeff@btinternet.com

Harling & District Social Support Group

Helping Each Other



We are primarily a SUPPORT Group. Some of our members having mobility problems or suffer from loneliness and isolation, due to our rural location. We offer friendship, practical help and a listening ear, when needed.

We have been running the above Group successfully for 3 ½ years and we are the only Group in the village of E.Harling that meets WEEKLY. We meet every Wednesday in the Rudd Room at the Sports & Social Club at 10.30.a.m. to 12.30 p.m. Our motto is 'Helping Each Other' and that is what we do.

Over the last 12 months we have had a variety of speakers, we have tried new skills – Pottery Painting - Basic First aid - Card Making - Scrap booking and every last Wed. in the month Gentle Movement to Music.

We have had visits to Norwich for jazz concert-Concerts at Watton Festival- and Dads Army celebrations in Thetford.

Days out – Norfolk Lavender, Broads Cruise, and attended a Funding Fair in the hope of picking up skills on raising funds.

A long weekend at Warner’s Corton was enjoyed by some members.

We have given our views to Parish and District Councils and written to our M.P. about disability issues.

We are self run & have been successful in applying for funds for the Group. We hold 3 fund raising Fairs a year. We held a VERY worthwhile auction in the village. We also celebrated our 3rd birthday with a Garden party.

We hope that 2011 will have the added activity of basic T’ai Chi and hope to have further lessons in basic art skills.

We are a very social Group and welcome new members. Why not come along to a meeting and see what we are about. Please ring any number listed below to find out more.

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

Wymondham Support Group for Parents of children with Autism or Asperger and Adults

We meet on Tuesday mornings at 10am in the coffee area in the new modern library. Children are very welcome also although ours are usually at school when we meet.

The meetings are being held at: Wymondham Library Back Lane, Wymondham, NR18 0QB.

Anyone interested can ask to speak to Mark Goldspink at the library Tel: 01953 603319. Or Kathryn Ward Tel: 01953 600148.

For Sale

PRIDE – CELEBRITY – Disability Buggy

Four wheeled, dark metallic Red in colour, onboard charger, complete with batteries. Has same type of suspension as road buggy. It fit the rear of an estate car. Excellent condition. Genuine reason for sale.

£500 o.n.o. – Buyer collects. Contact Mrs Ashworth on 01953 717764

Answers to Decembers' quiz:

- 1) Reindeer
- 2) Carol
- 3) Mistletoe
- 4) Advocaat
- 5) Holly and Ivy
- 6) Christmas Stocking
- 7) Pantomime
- 8) Good King Wencelas
- 9) Ding Dong Merrily on High
- 10) Scrooge
- 11) Humbug
- 12) Sleigh

Every effort is made to ensure that the content of NDIS News is correct, however we cannot be held responsible for errors or omissions. Goods and services featured do not carry any recommendation from NDIS or Norfolk Adult Social Services Department. If you have something interesting going on that you think readers will be interested in, then please let us know.

Produced by Keith Roads and Sue Clark: NDIS, Vauxhall Centre, Johnson Place, Norwich, NR2 2SA Tel: 01603 729802 Fax: 01603 729809 email: ndis@norfolk.gov.uk

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