

The logo features a stylized green sailboat with the word "NORFOLK" written vertically in blue on its mast. A large yellow sun is positioned behind the sailboat. To the right of the sailboat, the words "Disability", "Information", and "Service" are stacked vertically in a large, bold, black sans-serif font. The "D" in "Disability" is white and partially overlaps the sailboat's mast.

# **Disability Information Service**

**Newsletter**  
**March/April 2011**  
**Issue no. 74**

 **Norfolk** County Council  
@ your service

**Hello and welcome to this the latest edition of NDIS for 2011.**

**The Times They Are a-Changin' - NDIS will keep you aware of what is happening. We will report the facts in these trying times but please try not worry I'm sure things will change and change again – and remember we report in general terms so your circumstances may be quite different. We wish you well for the coming months and hope to receive your continued support.**

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## **Disability Issues**

### **Disability Living Allowance**

As part of its sweeping reform of [welfare](#) benefits, the government has now turned its attention to the [Disability Living Allowance](#) (DLA).

The government says the DLA is the second most expensive working-age benefit, which hasn't been properly reviewed since its introduction in 1992. As a result the government is [consulting](#) on major reforms to the non-means tested benefit which, it says, are not intended to cut costs but to make sure the benefit goes to the right people.

The reforms will involve a reassessment of claimants, which the DWP says it is developing with the help of [disability](#) organisations and disabled people. "The new system will allow us to reassess those on DLA to ensure everyone receives the correct amount as their needs change over time," it says.

Despite the Department for Work and Pensions' (DWP) claims that the reforms are not about saving money, its media briefings have resulted in headlines like "[The great disability free-for-all](#)" and "[£150m payouts ... for an](#)

[allergy](#)". These have been largely based on statistics and information provided by the DWP, including:

- In the last eight years the number of people on DLA has risen from 2.5 million to nearly 3.2 million.
- In 2010-11 the DWP expects the DLA total bill to be £12.1 billion – 0.9% of the UK's GDP and the same as the Department of Transport's entire budget for 2010-11.
- There are 140,000 people who have been on DLA since 1992 and have never had their claims reviewed. One fifth of those on DLA have had no contact with the department in the last 10 years and around 2 million people have been given indefinite awards. Too often people can get the benefit without a periodic review of whether they still need it or not.
- The purpose of the DLA is often misunderstood. It is not paid because someone has a particular disability or health condition but because they have serious care or mobility needs. For example, someone may get the mobility part of the DLA because they have limited mobility or can't walk at all. They may get the care part because they can't do things like prepare meals or wash and dress themselves.

The consultation on reform of the DLA closes on 14 February.

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## **Mobility allowance cuts will leave disabled people trapped at home, charities warn**

In a letter published in *The Sunday Telegraph*, 25 organisations said the decision to cut the £140 million mobility allowance paid to 80,000 disabled people who need residential care would be disastrous.

The charities, including Sense, Mencap, Mind, RNID, RNIB, Parkinson's UK, Leonard Cheshire Disability and

the National Autistic Society, said it would prevent people from taking trips, or running electric wheelchairs or adapted cars, meaning they could no longer do "those things that others expect and take for granted".

Currently disabled adults and children in residential care or schools are given a £49.85 or £18.95 a week mobility payment, depending on their needs. The only other money most receive is a £22 weekly personal expenses allowance designed to pay for costs such as clothes, toiletries and phone bills.

The cut will form part of the Welfare Reform Bill, which is due before parliament imminently and aims to reduce the £12 billion yearly spend on disability living allowance (DLA), through which the mobility allowance is paid.

Rebecca Rennison, senior policy officer at Leonard Cheshire Disability, commented that: "If the Government cuts this mobility payment for people living in residential care it will deny thousands of disabled people their independence and leave many trapped at home.

"While the money saved will be a fraction of the Government's overall spending cuts, the impact on individual lives will be devastating and we are calling on the Government to rethink its decision."

A spokesman for the DWP said: "The Government is committed to protecting DLA for the future and ensuring that the £12 billion spent on it every year goes where it is needed the most.

"We know that there can be varying levels of support in care homes and we will be working with disability organisations about this change to ensure that disabled people have their individual mobility needs met."

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# Disabled passenger service system 'fails too often'



Some disabled passengers are still being left stranded on trains or waiting on the platform without help, despite booking assistance from rail companies, according to Passenger Focus.

The customer watchdog monitored nearly 200 "mystery shopper" journeys taken by passengers with mobility impairments, wheelchair users and those with visual disabilities.

One passenger was "left alone at the edge of the platform by the yellow line" and felt "very vulnerable and frightened as a train passed very close by".

Another traveller found the service by staff "poor and bordering on the comical" while another encountered rude staff.

However, some disabled passengers found the service "outstanding and excellent".

Overall, 70 per cent of the mystery shoppers said they were satisfied with the service they received having booked through the assisted passenger reservation system.

Passenger focus chief executive Anthony Smith said: "Our mystery shoppers experienced excellent examples of customer service and observed some improvements in the delivery of the booked assistance. But there are still cases where the system is falling down.

"There were too many instances of staff not being adequately trained, people being left stranded without help and, in some cases, not being treated in a decent or dignified way.

"These problems must be sorted out for today's passengers and those who will be putting the service to the test during the (London) Olympics and Paralympics in 2012."

The Association of Train Operating Companies (ATOC), said: "Where there have been cases of disabled passengers failing to receive the level of service they expect and deserve, clearly that is unacceptable. That is why train companies have been working closely with disability groups, Passenger Focus and the rest of the industry to help ensure we continue to focus on improving the service.

"However, the Passenger Focus survey does not properly reflect the real improvements in the service offered to disabled passengers in recent years.

"Millions of pounds have already been invested in improving access for disabled passengers and significant progress has already been made. More disabled people than ever are choosing to travel by train and are using the booking system to make sure they get the support and help they need."

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## **Travel industry 'not doing enough for disabled travellers'**

International Centre of Tourism and Hospitality Research highlighted that the tourism industry is not doing enough

to meet the needs of disabled travellers, according to a recent report.

Philip Scott, managing director of disabled travel company Can Be Done, reiterated the problem, saying many high street travel shops simply cannot offer the individual arrangements that are often needed.

'It can take us several weeks to put everything in place that is needed by our holidaymakers,' 'Hotels have a limited number of adapted rooms so availability can be difficult and even if there are hotels that cater for disabled people, some countries like Morocco and Mexico just don't have the infrastructure to even transport people from the airport.

Jennie Kermode, who writes for website [disabledtraveladvice.co.uk](http://disabledtraveladvice.co.uk), said: 'Although awareness of disability issues has been growing throughout society in general, many disabled people still stick to specialist services when planning their holidays.'

While specialist services offer great holiday options, the problem arises for many disabled travellers when they want to go away with their able-bodied friends and family.

Ms Kermode added: We also want to enjoy plenty of choice. So it's high time mainstream holiday operators started looking into how to cater for disabled travellers. As it is, both travellers and companies are missing out!

Nearly half of the disabled people who responded to a Leonard Cheshire Disability survey about holiday experiences reported that their travel agency or tour operator lacked basic disability awareness.

'Travel and holiday-making can still be incredibly hit and miss for disabled people – often it is not possible to know with any certainty whether services will be properly accessible,' said Guy Parckar, acting director of policy and campaigns at Leonard Cheshire Disability.

'We hear regularly from people who had nightmare travel experiences because providers weren't properly prepared, or they couldn't get in a supposedly accessible venue.

'There is a huge and growing market of disabled people and travel providers will miss out on a major group of customers if they don't make their services properly accessible.'

Some of the things holiday companies need to take into account for disabled travellers are accessible hotel rooms, equipment hire such as shower chairs, airport assistance and adapted transfers.

Mr Scott added: 'We work closely with Co-op Travel who have a five-year plan to make sure all their shops are wheelchair accessible and have a disabled specialist who can advise on trips.

'So we have found there are certainly agents trying to do more for disabled travellers.'

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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  
22<sup>nd</sup> Feb – Talking within the  
Family  
22nd March - Indian Head  
Massage  
26th April – Tea & Biscuits**

### 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

## **BBC First Click: Old laptops wanted to help UK carers**

A not-for-profit organisation from Norfolk is looking to address the isolation of carers around the UK by providing them with old laptops.

Nearly 100 free computers so far have been sent out by Chill4us to help carers connect with the outside world. They are now appealing for the public to send in more of their old equipment.

"Many carers are stuck at home 24 hours a day - laptops give them a life," said Wendy Maxwell, from Hellesdon, who runs the company's Computers4carers scheme.

"I set up Computers4carers about two years ago after I saw that lots of computers were being sent to help people abroad.

"I knew lots of carers who were struggling to access a computer, so I started to campaign for free computers for carers.

"We do it all voluntarily and we have given out about 100 to carers across the UK - many from Norfolk - all free of charge.

"It can make such a difference to carers' lives - they can find help and support online, friendship or even order their shopping."

Anyone wishing to donate a laptop can do so through the [Computers4carers](#) website.

Carers who would like to apply for a computer should register on the [Chill4us forums](#).

If you know somebody who'd like to get online, call the free BBC First Click advice line on 08000 150 950 for details of a beginner's course to computers and the internet.

# **SPORT**

## **Norwich City Community Sports Foundation**

Celebrities such as Delia Smith, Jake Humphrey, Simon Thomas and Iwan Roberts are to help relaunch a Norwich City FC charity which promotes sport and its benefits.

Football in the Community was relaunched as the Norwich City Community Sports Foundation at a Carrow Road.

The rebranded Norwich City Community Sports Foundation, formerly known as Football in the Community, unveiled a new website and named the eight ambassadors and six new board members at the relaunch event at Carrow Road. Ambassadors also include former Norwich City players Iwan Roberts and Dean Ashton and Paralympic shot putter Danny Nobbs.

Fellow ambassador, Norwich City director Delia Smith, said: "I've watched Football In the Community growing over the years that I've been here. It's something that we are really very very proud of. I think the ethos of this club is community. We are in the heart of Norfolk, we are in the heart of the community and that's what football is actually really about.

"It's a wonderful sport, it's a beautiful game and it binds people together in the community, especially young people. "I've always thought that if there was more football and if football was supported more at the lower level then there would be less crime."

The charity already helps around 50,000 of the most disadvantaged, disabled and talented people across Norfolk through sport. It is hoping to attract new sponsors and funds as well as promote the important work they do.

It works with individuals and groups who may have lost their way, are new to the area or have fallen on hard times, which often includes people who are homeless,

vulnerably housed, asylum seekers, refugees or ethnic minority groups.

The new website is at

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

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**Major new sports initiative for disabled launches to attract more to sport**  
**Leonard Cheshire Disability and Sport England today launch Yoodo Sports, a new pilot initiative to help people with disabilities take up and enjoy sport.**

Yoodo Sports will bring disabled people together with activity ‘buddies’ – people who may or may not have an impairment themselves but want to help others play sport or be active. This initiative will make it easier to find someone to exercise with and have fun.



People with disabilities are less likely to regularly take part in sport or regularly exercise Yoodo Sports hopes to change that. The project comes as figures reveal that just one in 15 people with a disability regularly play sport in England. While this has increased in the past five years, it still trails behind participation rates for non-disabled people, with nearly one in five taking part\*.

Barriers to participation exist for many reasons; someone could feel embarrassed by the way they look, their impairment might make it difficult to interact with other people or they simply have no one to exercise with\*\*.

Leonard Cheshire Disability wants people with a disability, a long term health condition or those with a hidden disability who may not consider themselves disabled to join Yoodo Sports.

It is also calling for volunteers or buddies who enjoy sport, conversation and exercise to spare time to motivate others and accompany them on a trip to the gym or pool. Despite the benefits many people with a disability chose not to exercise.

Yoodo Sports will be piloted in Yorkshire and will run in Leeds, Bradford, Richmond, Catterick, Kirklees, Huddersfield, Northallerton and Thirsk and be rolled out across England in 2012.

Jane Jutsum, Leonard Cheshire Disability Innovative Projects Director, said: "People with disabilities often face the serious challenges of changing people's perceptions of who they are and what they can do. Beginning a new sport or pastime is no exception.

"In 2010 Leonard Cheshire Disability surveyed over 1100 people both disabled and non-disabled for its' survey Barriers to Sports Participation which revealed views like: I need someone to keep me company and motivated.

"Yoodo Sports challenges those stereotypes and enables people who want to get started to match with an activity buddy or group who will help them have fun, and discover the motivation to participate in regular exercise.

"The initiative is open to all adults with disabilities and we would also like to recruit volunteers to become a buddy." Richard Lewis, Sport England's Chair, said: "It's a concerning fact that if you have a disability, you're three times less likely to play sport than if you don't. That can be for a number of reasons such as a lack of opportunities and low self confidence – and it's these types of barriers that we need to tackle to make sport accessible for everyone. That's why Sport England is backing Yoodo Sports. We want this project to help break

down the obstacles playing sport so that it can be enjoyed by anyone, regardless of ability.”

It is very easy for anybody over 18 to be a part of Yoodo Sports call 08456 717173 (local rate telephone number) or visit: [www.yoodosports.com](http://www.yoodosports.com)

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**DISABILITY MULTI  
SPORTS EVENT  
NORMAN CENTRE  
Wednesday 16th March  
2011 10am- 3pm**

Norwich City Council and Active Norfolk would like to invite you to a free sports event. Taking place at the Norman Centre on Bignold Road, Norwich the following

activities are on offer.

10-11 Fencing, Table Cricket, Boccia

11-12 Dance, Table Cricket, Boccia

12-12.45 Lunch

12.45-1.15 Curling

1.15-2.15 Badminton, Fencing, Boccia

You can bring a packed lunch or food can be purchased at the café.

You don't need to fill in an application form for this event. If you or your group would like to attend please contact us as soon as possible:

Janet Baker 01603 212112 or

[janetbaker@norwich.gov.uk](mailto:janetbaker@norwich.gov.uk)

Or Ellen Vanlint : 01603 731566 or

[ellen.vanlint@activenorfolk.org](mailto:ellen.vanlint@activenorfolk.org)

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# **Holidays in the UK for disabled people**

## **Types of holiday and breaks**

There are many types of holiday to suit people with different impairments or disabilities. Here are some ideas: activity holidays - including swimming, sailing, riding and camping more leisurely holidays that include tours and sightseeing walking holidays with a particular theme, for example birdwatching. As well as hotels and guesthouses, types of accommodation also include: self-catering cottages, holiday parks and activity centres as well as campsites

Holiday accommodation that subscribes to VisitEngland's National Accessible Scheme will have considered the requirements of disabled people with special needs and will have made suitable provision.

[http://www.direct.gov.uk/en/DisabledPeople/TravelHolidaysAndBreaks/TravelAndHolidaysInTheUk/DG\\_4016120](http://www.direct.gov.uk/en/DisabledPeople/TravelHolidaysAndBreaks/TravelAndHolidaysInTheUk/DG_4016120)

## **Types of support while on holiday**

Special equipment, adapted vehicles, nursing and care services may be important considerations on holiday. Some travel companies deal specifically with holidays for disabled people. They will take into account accessible buildings, local attractions and leisure facilities.

Depending on your needs - and the holiday destination you choose - support may be provided by professional carers and/or nurses as well as volunteers. You may be able to choose the level of care required.

[http://www.direct.gov.uk/en/DisabledPeople/TravelHolidaysAndBreaks/PlanningATrip/DG\\_4015877](http://www.direct.gov.uk/en/DisabledPeople/TravelHolidaysAndBreaks/PlanningATrip/DG_4015877)

# **Organisations providing holidays and breaks**

There are many organisations and charities which arrange and provide holidays for disabled people. These can save you the time and trouble of organising things for yourself and you are usually guaranteed access and assistance - but you might get less choice of where to go, what to do and where to stay.

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## **Holidays**

### **3H Fund**

Organises subsidised group holidays for physically disabled children and adults.

Tel: 01892 860207 for Grant Programme 01892 860219

[www.3hfund.org.uk](http://www.3hfund.org.uk)

### **Accessible Travel**

A travel specialist for the mobility impaired.

Tel: 01452 729739

[www.accessibletravel.co.uk](http://www.accessibletravel.co.uk)

### **The Bendrigg Trust**

A residential activity centre catering for disabled and disadvantaged people.

Tel: 01539 723766

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

### **Break**

Provides special care services for those with special needs. Tel: 01263 822161

[www.break-charity.org](http://www.break-charity.org)

### **Caravan Sitefinder**

Find a campsite or pitch with disabled access.

[www.caravansitefinder.co.uk](http://www.caravansitefinder.co.uk)



## **Cruising Holidays for People with Disabilities**

Offers a free personalised service.

Tel: 0844 800 2624

<http://cruisingholiday.tv>

## **Disabled Holiday Directory**

Directory of holidays for disabled people.

Tel: 0800 993 0796

[www.disabledholidaydirectory.co.uk](http://www.disabledholidaydirectory.co.uk)

## **The Disaway Trust**

Assembles holiday packages for physically disabled groups of all ages.

[www.disaway.co.uk](http://www.disaway.co.uk)

## **European Health Insurance Card**

Entitles holders to medical treatment when temporarily visiting a EU country.

Tel: 0845 605 0707

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

## **Family Fund**

Provides grants to families with children up to 16.

Tel: 0845 130 4542

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

## **Family Holiday Association**

Allows all families the right to access a holiday.

Tel: 020 7436 3304

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

## **Handicapped Aid Trust**

Provides grants towards the cost of carers.

Tel: 0800 028 0647

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

## **Holidays for All**

Offers holiday accommodation for people with disabilities and sensory impairments, their friends and family.

**Tel: 0845 1249973**

**[www.holidaysforall.org.uk](http://www.holidaysforall.org.uk)**

## **Identity and Passport Service**

Issues UK passports to British nationals.

Tel: 0300 222 0000. Open 8am to 8pm Monday to Friday. 9am to 5.30pm Weekends and Public Holidays.

Advice on Births, Marriage and Death Certificates 0845 603 7788. Open 8am to 8pm Monday to Friday and 9am to 4pm on a Saturday.

**[www.ips.gov.uk](http://www.ips.gov.uk)**

## **Jubilee Sailing Trust**

Promotes integration through adventure tall ship sailing holidays.

**Tel: 023 8044 9108**

**[www.jst.org.uk](http://www.jst.org.uk)**

## **Livability**

Specialises in adapted homes and holidays.

**Tel: 020 7452 2000**

**[www.livability.org.uk](http://www.livability.org.uk)**

## **Phab England**

A network of clubs.

**Tel: 020 8667 9443**

**[www.phabengland.org.uk](http://www.phabengland.org.uk)**

## **Scout Holiday Homes Trust**

Provides suitable self-catering holiday accommodation.

**Tel: 0845 300 1818**

**[www.scoutbase.org.uk/hq/holhomes](http://www.scoutbase.org.uk/hq/holhomes)**

## **Tourism for All UK**

Accessible accommodation and tourism information.

**Tel: 0845 124 9971**

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

## **Travel Quest**

Specialist holidays for people with a Disability.

[www.travel-quest.co.uk](http://www.travel-quest.co.uk)

## **Access for All**

### **Lets Stay Norfolk - Wheelchair friendly**

Wheelchair friendly holiday accommodation providers in Norfolk includes cottages, hotels, B&Bs, guest houses, pubs, campsites and boating.

<http://www.letsstaynorfolk.co.uk/accommodation/wheelchair-friendly.aspx>

### **Kirkstead Mill Old Cottage, Woodhall Spa, Lincoln**

Situated in Lincolnshire, this hotel offers many features including a white disc which is placed under the guest's pillow so that it will vibrate and wake a deaf person if there is smoke anywhere in the house. At the same time, the "fire" symbol will flash on the bedside unit. This Silent Alert 3000 charger can also be used by a deaf person as an alarm clock.

**Tel: 01526 353637**

[www.woodhallspa.com/access\\_for\\_all/access\\_for\\_all\\_main.htm](http://www.woodhallspa.com/access_for_all/access_for_all_main.htm)

### **Mortons House Hotel, East Street, Corfe Castle, Dorset. BH20 5EE .**

Located in Dorset.

The World Heritage status of its 'Jurassic' coast, together with beautiful beaches, stunning countryside, history, geology, wildlife and so much more make it a 'must-see' location.

Swanage. Studland, Wareham, Lulworth, Durdle Door, Bovington Tank Museum, Monkey World, Weymouth, Swanage Steam Railway, Chesil Beach, Poole, Sandbanks and many more delights are all within easy reach.

In recent years, Mortons House has been declared 'Small Hotel of the Year' and in addition received a Silver Award for 'Accessible Accommodation' (South West Tourism). The owners are equally proud of their 'Gold Award' status from VisitBritain.

Whether you are looking for a short stay, something longer, or perhaps just to sample the delights of our fantastic food, please browse through our pages and be amazed.

The accessible bedrooms all have red strobe alarm lights to indicate a potential fire.

**Tel: 01929 480 988**

Email: [stay@mortonshouse.co.uk](mailto:stay@mortonshouse.co.uk)  
<http://www.mortonshouse.co.uk>

## **Sunnymeade, Dean Cross, West Down, Nr. Woolacombe, North Devon, EX34 8NT**

Located in Woolacombe Devon. Sunnymeade hotel has no steps, slopes, ramps etc. on the ground floor and the bar, dinning room, and lounge are situated on one level. The Four en suite rooms (one double and three twins) which are situated on the ground floor all have grab rails, toilet seat raisers and no steps or stairs, two of the ground floor twins are purpose built with wheel in showers and ample room to maneuver a wheelchair. In

addition, one of our ground floor twin rooms has an 'automatic bed' which will raise the guest to a sitting position, if required. Staff use BSL, there is text TV and they also have vibrating smoke alarms.

**Tel: 01271 863668**

**<http://www.sunnymeade.co.uk/>**

**Financial support**

Some charities help towards holiday costs and some also own their own properties. Families on a low income, and with a disabled child, may be eligible for a grant towards the cost of a holiday. Contact your social services department of your local council.

TOURISM FOR ALL also produces a funding guide for holiday financial support it is available from

**Tourism for All UK**

c/o Vitalise  
Shap Road Industrial Estate  
Shap Road  
Kendal  
Cumbria LA9 6NZ

Information about tourism

T: 0845 124 9971\*    F: 01539 735567

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**GENERAL**

**Website offers top tips on caring for people with learning disabilities**

A new website, offering practical tips on supporting people with learning disabilities, is proving popular with healthcare providers for its hands-on approach.

[www.Netbuddy.org.uk](http://www.Netbuddy.org.uk) provides solutions to issues many [learning disability](#) nurses will recognise, such as: how to administer medicines comfortably, how to manage constipation, how to communicate with someone who is non-verbal and how to cope with challenging behaviour.

All the tips are contributed by people with first-hand experience of learning disability.

Netbuddy co-founder Deborah Gundle said: “Netbuddy appeals to healthcare professionals because the advice is very practical, and it comes directly from people with everyday experience of learning disability. It’s a goldmine of useful information from people who really know what they’re talking about.

Since [www.Netbuddy.org.uk](http://www.Netbuddy.org.uk) launched in September 2010, the site has had thousands of hits from parents, carers and healthcare [providers](#) - either picking up ideas or contributing tips.

“Parents immediately recognised how useful Netbuddy could be and started using it straight away,” said Deborah. “Now we are getting more healthcare professionals to the site, which is fantastic. We particularly want to hear from learning disability nurses, as they will have lots of useful ideas to pass on.

“We really believe that Netbuddy can make a huge difference in providing excellent quality of care for people with learning disabilities.”

Here are some of the comments healthcare professionals have made about Netbuddy:

“Tapping into parent/carers hands-on experience is immensely valuable. Nobody really knows how to cope with the day to day nitty gritty unless they’ve experienced it personally.”

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# Do you use Direct Payments?

Are you preparing to employ or are you an existing employer?

Why not come along to one of our free, friendly workshops?

## **Positive Recruitment**

Advice on how to get the right person for the job

## **Confident Employment**

Advice to develop your skills and knowledge as an employer

## **Dates**

### **Confident Employment (10.30 – 13.00)**

- We are holding these workshops in Norwich, Great Yarmouth and Kings Lynn.
- Thursday, **7th April** 2011 - Norwich
- Thursday, **14th April** 2011 - Great Yarmouth
- Wednesday, **11th May** 2011 - Kings Lynn

### **Positive Recruitment (10.30 – 13.00)**

- Thursday, **19th May** 2011 - Norwich
- Friday, **17th June** 2011 - Great Yarmouth
- Thursday, **23rd June** 2011 - Kings Lynn

### **Workshop's will take place at:**

- **Norwich:** Independent Living Training Centre, 4,5,7 Manor Farm Barns, Fox Road, Framingham Pigot, Norwich, NR14 7PZ

- **Great Yarmouth:** Cobholm and Lichfield Health & Resource Centre, Pasteur Road, Great Yarmouth, NR31 0DW
- **Kings Lynn:** West Norfolk Professional Development Centre, Kilhams Way, Kings Lynn, PE30 2HY

ILN is able to pay expenses to help you attend our workshops to cover things like transport and Personal Assistant Support.

### Interested in coming?

Please contact NCODP on:



Tel: 01508 491222



Fax: 01508 491223



Email:

[norfolkilg@ncodp.org.uk](mailto:norfolkilg@ncodp.org.uk)

# ncodp

**norfolk coalition of disabled people**

**INDEPENDENT LIVING NORFOLK**

**EQUALITY • DIGNITY • HUMAN RIGHTS**

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## Being Martin



Martin Symons was born in 1966 with 2 rare conditions – Klippel Feil Syndrome and a Lust for Life. He has lived life to the full but his body is getting weaker. This year he decided to attempt his final challenge- a coast to coast



ride in an off road wheelchair while being kept alive on a ventilator at night.

This 1 hour 10 minute multi award winning film is an uplifting testament to an undaunted spirit

**Venue:**

The Yare Room  
4 Manor Farm Barns  
Fox Road  
Framingham Pigot  
Norwich  
NR14 7PZ

**Date:** Friday 11th March

**Time:** 7.00pm for 7.30pm Showing

Tickets £3

Tea/Coffee \* Raffle

Contact Martin at [martin.symons1@btinternet.com](mailto:martin.symons1@btinternet.com) or  
phone 01508 494205

Proceeds to Martin's Boma Appeal

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## **Feeling lonely and isolated? Active Together is Age UK Norfolk's Free Befriending Service**

### **By Telephone**

- We offer weekly telephone calls and quizzes, a quarterly newsletter, greetings cards and a signposting service – if we cannot help you with a question or query, we will always put you in touch with someone who can.

Or...

## Home Visiting

- Active Together can occasionally provide a volunteer to help short term on an agreed task. Or...

## In the Community

- If you would like to engage in your local community by joining a club, going on a locally arranged outing or volunteering etc, we will provide support to enable you to do this.

## Volunteers

Want to volunteer for Active Together? We are always looking for enthusiastic Volunteers. We have flexible volunteering opportunities, including phoning members, which can be done either from your own home or from our office at Old Catton, Norwich. Or you can be more hands on and be Active Together in your local community. Expenses will be reimbursed.

**For more details please ring the Active Together office on**



**01603 785261**

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## Exciting new fundraising concept comes to Norfolk!



We're thrilled to announce that an exciting new Dragon's Den style event is coming to Norfolk. We're organising it with Norfolk members of The Funding Network which runs similar events elsewhere in the UK. Feedback from these events shows that the evenings are really good fun and of course they

also raise much needed funding for good causes.

If you work with a community or voluntary organisation in Norfolk it's a great new opportunity for you to raise significant funding for your project. It's also a chance to spread the word about the good work your organisation does and how it benefits others - this is definitely an opportunity not to be missed!

Groups are encouraged to apply now and five will be selected to present their 'pitch' to an audience of invited guests and potential donors. The audience donates by pledging to the organisations which impress them the most. The aim is for each group to hit a target of up to £5,000 although this will depend on how their presentation is received.

The evening will take place on of **19th May** at Dragon Hall in Norwich.

For groups, the deadline for applications is **28th February** and forms can be downloaded from [www.norfolkfoundation.com](http://www.norfolkfoundation.com)

Mary Muir  
Arts Officer  
Norfolk County Council  
Tel: 01603 223013



## **Red Nose Day Community Cash**

**Comic Relief is offering community groups in Norwich the chance to apply for a share of a new £50,000 fund to mark this year's Red Nose Day.**

Grants of between £500 and £1000 are available to community groups and clubs in the Norwich City Council local authority area.

### **Who can apply:**

Constituted voluntary and community groups, registered charities and social enterprises benefiting the Norwich City Council local authority area can apply.

### **Applicants must:**

- Be based within the local authority boundary of Norwich City Council
- Have a constitution
- Have been running for at least 12 months
- Have an annual income of less than £50,000 (in the last reporting period)
- Be run by local people, to benefit local communities

Local offices of national charities will only be supported if they have their own management committee, governing documents and bank account.

**Please note:** Applicants who were awarded a grant through this scheme last year can apply again, but please ensure that you have completed the End of Grant monitoring requirements before you do so. The monitoring form can be downloaded from <http://www.norfolkfoundation.com/grants-monitoring.htm>

**What sort of projects can be funded:**

The Red Nose Day Community Cash scheme aims to support projects that benefit disadvantaged or deprived people or communities within the Norwich City Council local authority area. Priority will be given to projects that address the following two thematic areas, although any eligible project which aims to relieve disadvantage of any kind in Norwich will be considered:

- ☐ Vulnerable young people
- ☐ Mental health and wellbeing

Red Nose Day Community Cash can offer grants towards running costs, purchase of equipment and materials and activity costs. Examples of eligible groups include parent and toddler groups, lunch clubs, youth and older people's groups, community festivals and groups which help befriend the elderly.

Deadline for applications: **Friday 18 March**

<http://applications.communityfoundations.org.uk/Entry.aspx?DeliveryAgentID=198&FundName=RedNoseDayCommunityCash&FormName=Large>

Or,

Find out more at [www.norfolkfoundation.com](http://www.norfolkfoundation.com), or contact the Grants Team on 01603 623958 / email [grants@norfolkfoundation.com](mailto:grants@norfolkfoundation.com)

## HARLING AND DISTRICT SOCIAL SUPPORT GROUP



### **“Helping Each Other”**

**March Events:** **2<sup>nd</sup>** Fire Prevention Talk by Neil Richards, Norfolk Fire Service, Thetford; **9<sup>th</sup>** Our first session of Qigong, with Debbie; **16<sup>th</sup>** Group Annual General Meeting, Members Only; **23<sup>rd</sup>** Speaker Terenia Morrison from AgeUK, Norfolk. **30<sup>th</sup>** Gentle Exercise with Diana and Movement to Music.

**April Events:** **Saturday 2<sup>nd</sup>** Spring Fair (details below); **6<sup>th</sup>** Talk on Art by David East; **13<sup>th</sup>** Qigong with Debbie; **20<sup>th</sup>** Games, puzzles, or members’ choice of activities; **27<sup>th</sup>** Wake ourselves up with Diana and Movement to Music;

We will be having our **Spring Fair** on Saturday, April 2nd, in the Rudd Room, 10.00 to 12.00: Tombola, Jewellery, Crafts, Greetings Cards, New & Nearly New Gifts, and Bric a Brac. Come along and bag a bargain!

We have many other interesting activities planned for the coming months, including Painting, Drawing, and Pottery; speakers re the Digital TV changeover, from the local Feline Care Organisation, and (to be finalised) from the Parish Council, SSAFA, and Dogs for the Disabled.

Our motto is “Helping Each Other”, and that is what we do. As well as enjoying fun activities, and the occasional outing, we offer each other support, advice, and help. A shoulder to lean on, and a sympathetic ear can be a great comfort, and we can often give practical advice and assistance too. You don’t have to be a member, just

come along any Wednesday morning and see who we are and what we can offer!

We meet every Wednesday in the Rudd Room, East  
Harling Sports & Social Club  
10.30am until finish

Further information: Annette ☎ 01953 717697  
Ann ☎ 01953 718777 or Roy ☎ 01953 717472

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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.

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*Would you like this NDIS Newsletter via email contact Sue or Keith on 01603 729802 and we can arrange this.*



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