

The logo features the word "NORFOLK" in blue, slanted capital letters on the left. To its right is a green, slanted shape containing the letters "D", "I", and "S" in white. Further right is a yellow circle. To the right of the yellow circle, the words "Disability", "Information", and "Service" are stacked vertically in black, bold, sans-serif font.

NORFOLK
Disability
Information
Service

Newsletter
July/August 2011
Issue no. 76

 **Norfolk** County Council
@ your service

Disability Issues

Disabled people take the lead on innovate work with public bodies in Norfolk

Disabled people in partnership with Norfolk County Council, the Norfolk Coalition of Disabled People, district councils, NHS Norfolk, police, fire service and other public bodies have just finished the first stage of an innovative co-production project. The aim was to work together to decide on the most important priorities for disability equality for the next few years.

The organisations involved in the project are all members of the Norfolk Community Cohesion Network – a partnership that brings organisations in Norfolk together to promote equality for residents and build strong community relations.

One of the key outcomes of the project is that it empowered disabled people to engage positively with public authorities to help them identify priorities for action and to work with them to develop and deliver action plans.

The Project Group consisted of 13 disabled residents who were drawn from across the county and have a variety of impairments. They interviewed officers in organisations around Norfolk, and together the project team and public bodies identified the following seven priorities for action:

Priority 1: Involve disabled people in the design and delivery of all public services (not just those directly relevant to them, and in particular involve people with mental health issues)

and ensure that all staff and contractors have the skills and confidence to engage positively with disabled people.

- Priority 2: Accessible, inclusive and safe public transport
- Priority 3: Tackle disability hate incidents and crime against disabled people
- Priority 4: Continue to enhance access to employment opportunities and the workforce experience for disabled people – with a focus on raising confidence and aspirations.
- Priority 5: Accessible health and well-being services to enable disabled people to live healthy lives and not feel isolated
- Priority 6: Accessible social and private housing
- Priority 7: Access to quality information, advice and advocacy.

On 26th May the summary report was presented and all partners acknowledged that this was a good practice example of co-production.

The project has reached the end of its first phase and a short report (in PDF and word) is available on the Norfolk Ambition website, or by contacting:

Tim Pearson, PPP Service, Norfolk County Council,
Martineau Lane, Norwich, NR1 2DH

Tel: 01603 228891

Minicom: 0344 800 8011

Email: tim.pearson@norfolk.gov.uk.

NEW class starting at the Vauxhall Centre:

“KEEP MOVING”

This is an excellent opportunity for those who use a wheelchair or mobility aids, and who have other special needs, to work with their support staff to take part in an exercise class to build physical and social wellbeing.

KEEP MOVING highlights the importance of posture and how it affects comfort, as well as the long term health of digestion, breathing and circulation.

KEEP MOVING provides exercises and physical activities that can help ease stiffness, gently stretching muscles and mobilising joints.

KEEP MOVING includes fun activities to practise basic movement skills and encourage social interaction.

KEEP MOVING provides an opportunity for those who spend much of their time on their own or in a 1-1 situation to meet others and become at ease with being in a group.

KEEP MOVING raises body awareness for support workers providing ideas that can be taken away and used at other times. These can help make everyday activities easier and more comfortable for all involved.

KEEP MOVING has been running successfully in East Norfolk for several years. Everyone is encouraged to work at a level that is right for them. Trust between participants and support staff is key and is built over time, and together with following a familiar routine participants learn to recognise and relax into the different movement patterns.

The door to possibility is always left open. One never knows what abilities lie dormant, or what abilities can develop where there is an opportunity to explore. The group offers functional, useful movement in a space where all can feel valued.

There will be a free taster session 9.45 – 10.45am on Thursday 8th September at the Vauxhall Centre, Norwich, NR2 2SA. To book your place please phone Sally 01603 432487 by 5th September.



Exercise with Sally

Fun and friendly fitness classes

Keep Moving

Tuesday 1.45 – 2.45
Potter Heigham Village Hall

Fitness and Fun

Wednesday 1.45 – 2.45
Sacred Heart Church Hall,
North Walsham

Keep Moving

Thursday 9.45 – 10.45
Vauxhall Centre, Norwich

Fitness and Fun

Thursday 11.00 – 12.00
Vauxhall Centre, Norwich

Contact **Sally** on **01603 432487**

- to enquire about suitability
- to book your place
- for details about other classes.

First Click News from the Region



- Ø **Norfolk Adult and Community Learning:** - are signing up more centres to deliver First Click having had a successful first few months.

- **'Partnerships in Care':** in Diss and Kneesworth Hospital, Royston have recently signed up to run First Click in-house via their team of teachers and occupational therapists.

- **Breckland Council's Community bus:** - visits 17 rural villages delivering First Click. "Take up for ICT courses was extremely poor before we were able to use the BBC's brand and free resources", says Adam Jackson from the Council, "since we registered to use First Click we've been running at capacity month on

- **Community Learning Champions in Norwich:** - are working with clients on First Click in a number of **supported housing schemes** within the city. "We've had good feedback from participants" says Angela Jefford, Project Manager Community Learning Champions " We're in discussion further with housing scheme managers about identifying potential 'champions' - either residents or staff/volunteers who could continue to deliver First Click informally to more residents. This will free up my volunteers to access more venues and spread

the word! One Manager already has a caretaker who has been helping some residents set up email accounts - so a key aim is to identify people within those communities who can continue to support others - the **First Click Friends** campaign will be a great help for us.“

- **Norwich City Football Club:** - have also been running to capacity since sign up earlier this year, getting many referrals via the Advice Line. Maxine Mace who runs the courses says they are delighted with the response.

- **Kings Lynn & West Norfolk Borough Council:**
- We've just had confirmation that six **Learning Catalysts** working within districts of Kings Lynn & West Norfolk Borough Council are registering to use First Click. Watch out for more news about Knitting Grannies!

Royal Mail is also planning further First Click Sessions: - Graeme Brindred, Royal Mail's Regional Community Learning Officer, has recently been interviewed for 'Communique' the Union's national learning magazine as his centre was the first learning centre in Royal Mail to open their doors to the public for BBC First Click. The First Click sessions at Royal Mail were delivered in conjunction with Unionlearn/City College Norwich tutor Lisa Bowler.

For First Click Enquiries including, the Vauxhall Centre, please contact Sue Clark at the NDIS Office 01603 729802



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

22nd 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

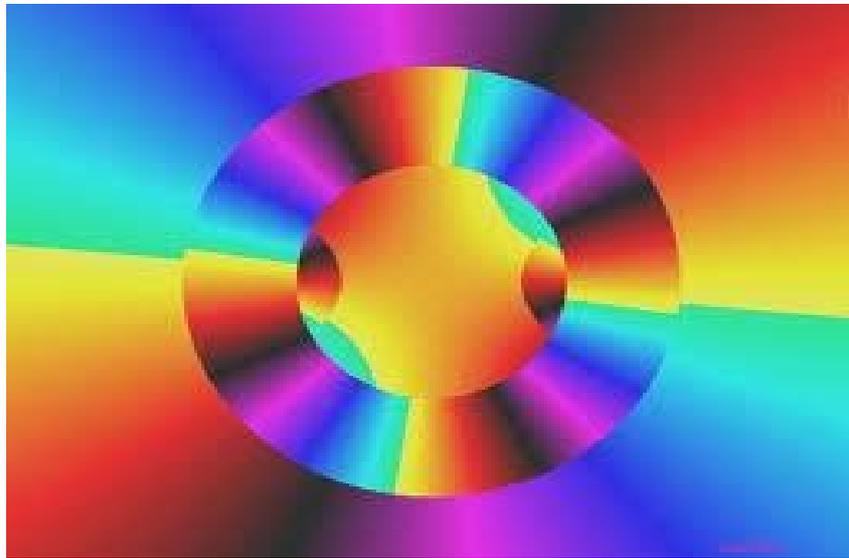
Company and support

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



SPECTRUM

Special/Additional Needs Support Group

Ashleigh Infant School (in the mobile)
Sheffield Road, Wymondham NR18 0HL

Meetings Alternate Thursdays (During Term-time) 10am-12noon

June 9th, 23rd

July 7th, 21st

Contact Kathryn:

Tel: 07840203161 email:
autismfriendly@gmail.com

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FREE Training now available for Parents of Children with Special & Additional Needs

Norfolk Steps/Positive Handling Training for Parents is available again in your area 2011/2012.

Do you have a child/ren with special and additional needs, whose behaviours are physically challenging and are aged between 4-18 years? This course is designed to help Parents, or other significant Family Members/Carers who have a caring role to better understand and manage their child's behaviours.

Could you benefit from two Sessions of training from 10am-2pm, to include lunch, which will provide you with some understanding of challenging behaviours, de-escalation skills and an understanding of basic physical intervention techniques?

Bookings are now being taken for the following dates and an Application can be made by Professionals on behalf of Parents or Parents can apply directly themselves:

6 & 7 July 2011

The Kings Centre, Great Yarmouth

12 & 13 September 2011

Sheringham Woodfields School

13 & 14 December 2011

Norwich PDC, Norwich

11 & 12 January 2012

Dereham Town Football Club

20 & 21 March 2012

West Norfolk PDC, Kings Lynn

Please contact Tina Eagle at BEST Norfolk Office Solutions on 07980 412027 or email

tinaeagle@bestnorfolkofficesolutions.com for more information and an application form.

SPORT

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With summer around the corner it's time to think about getting outdoors and getting active. The following are some of the organisations that specialise in making activities available to everyone.

Rambling

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If you're looking for company as you explore the countryside, then try the Disabled Ramblers www.disabledramblers.co.uk who run around 30 events per year in England and Wales. Participants can use electrically-powered pavement buggies, scooters, powered wheelchairs or manually propelled wheelchair where appropriate.
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Sailing

Through RYA Sailability 20,000 people with a disability have been able to experience sailing and sail regularly.

Sailing is one of the very few sports in which able-bodied sailors and disabled sailors can participate on equal terms.

Imagine the thrill of sailing for people who can feel and hear but have no sight, or of sailing a boat at speed even though they can't walk, or of joining in a sport where deafness doesn't matter.

Sailability continues to encourage and support people with disabilities to take up the sport and facilitate sites to develop sailing opportunities.

Whether you're are interested in learning the ropes in a dinghy or racing around the world on a yacht, the first point of contact should be RYA Sailability (0844 556 9550) <http://bit.ly/hC88ug>

Flying

British Disabled Flying Association

We let disabled and profoundly ill adults and children share the magic which flying light aircraft brings - rediscovering smiles with the awakening experience of flight

I want to fly!

Ever tried taking the controls of an aeroplane?

No?

Change that. It could change you...

Thanks to the support of members and sponsors, and a lot of hard work, we own and operate three aircraft of our own, two Piper Warrior four seaters and a two seat aerobatic Bulldog.

These aircraft are used to provide 'experience of a lifetime' trial flights and experience days for the disabled community, as well as PPL training, and hire by members.

Last year we gave trial flights to over 300 disabled non members - people with every conceivable disabling condition, from spinal injury, amputation and MS, through to learning and sensory disabilities.

As you'd expect, we are regulated and approved by the Civil Aviation Authority to provide flight training.

Not only physically accessible, but financially accessible too - each 30 minute trial flight costs only £60

For more information contact the British Disabled Flying Association on 0303 303 1230 or www.aerobility.com

Horse Riding

About RDA

RDA is proud to have celebrated 40 years of delivering opportunities for therapy, achievement and enjoyment to people with disabilities. Founded as a National organisation in 1969, RDA now has almost 500 Member Groups across the UK – together, these Groups help 23,000 people to take part in riding, carriage driving and vaulting activities.

Although RDA was set up to work mainly with people with physical disabilities, RDA Groups now work across the spectrum of disabilities, age range, social status and urban and rural environments. The focus of our work is to ensure that each individual has the chance to derive a direct therapeutic benefit and the opportunity to achieve their personal goal (whether that be learning a very simple skill or winning a major competition).

RDA gives individuals the opportunity to:

- **Reach therapeutic goals:** improve muscle tone and posture, develop fine and gross motor movement
- **Achieve their personal ambitions:** sit on a horse for the first time, learn new skills, win a Paralympic medal

- **Combat social isolation:** build relationships, enjoy events and competition, develop self-confidence



- **Develop life skills:** improve communication, take responsibility, be a team player
- **Experience the outdoors:** ride in the countryside, access rural Britain

Contact Us

If you are enquiring about a groups location please visit our RDA Near You pages where you will find contact information for your area.

If you would like to contact RDA National Office for any reason then please do not hesitate to do so. Our normal operating hours are:

Monday - Thursday: 9.00am - 5.00pm

Friday: 9.00am - 4.00pm

Saturday, Sunday and Bank Holidays: Closed

Telephone:

0845 658 1082

Fax:

0845 658 1083

Postal Address:

Norfolk House,
1a Tournament Court,
Edgehill Drive,
Warwick
CV34 6LG

PIMP MY BIKE

Customize a bike to your own design – you can bring your own or we may be able to supply.

1st June

15th June

29th June

13th July

**27th July 9:30 – 12:30 First Aid session, (Part 1)
12:30 – 3:30 p.m**

SESSIONS 10:00 – 1: 00 p.m

1:30 – 3: 30 p.m

**THE ALTERNATING WEEKS WILL BE CYCLE
MAINTENANCE AND INCLUSIVE CYCLE RIDES (**
Fortnightly)

**8th June and Management Committee Meeting 12-1
p.m**

22nd June

6th July – Cycle ride Whitlingham Park, 10:30 – 1:30 (
back at Beckham Pl. by
2:00 p.m)

20th July – No cycle ride p.m

3 rd August - First Aid Session (Part 2) 12:30 – 3:30 p.m

Sessions 10:00 a.m – 1:00 p.m Cycle maintenance

1 :00 p.m – 3:00 p.m Inclusive Cycle Rides

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In the West of the County....

PROJECT - PRECIS

An exciting new group in King's Lynn to be run by members to support its members and other interested parties. Already has an eight-strong steering group looking to establish a regular meeting place with or in addition to a workshop premises.

CycleLynn is aimed at hard to reach, disadvantaged groups from 16 and upwards. Accessible opportunities will be created that will enable the target groups to engage with the wider community and build self-esteem. It is planned to offer bicycle maintenance and repair, including rebuilding from scratch. 'Pimp my bike,' striking bespoke paint jobs. Cycle riding and maintenance training. Inclusive cycle rides and events and, eventually a cycle loan scheme.

Fundraisers, trainers, mechanics and volunteers would be more than welcome to join.

Contact: David Cowling 01366 382911

Welcome to The Rough Guide to



Accessible Britain – Family Days Out.

Whether it's you, a friend or a family member who has a disability, the Accessible Guide is the perfect tool to help you plan a great day out.

You may already be familiar with the third edition of Rough Guide to Accessible Britain, and now Rough Guides and Motability Operations have gone a step further to bring you a new set of Family Days Out reviews. These new online reviews feature more than 75 family-friendly attractions, all visited and reviewed by disabled people and their families. That means children of all ages have road tested them too!

Whether you like animals, planes or trains, the countryside, skiing or museums, there is a fantastic array of attractions to choose from. Some may even tempt you with their intriguing names – what delights await at Electric Mountain, the Amazing Hedge Puzzle and Eureka? You can search these new reviews by type, region and access requirement, or you can simply browse through the whole set. So have fun picking out those hassle-free and fun places to visit with the whole family.

To access the guide visit , www.accessibleguide.co.uk – Blue badge and Disabled Persons Railcard holders can order the third print edition of The Rough Guide to Accessible Britain for free through the site, or by calling 0800 953 7070

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Holiday Funding Grant Application Form!



What is Blitz?

Over the years, The Bond Holiday Group have spoken to many people either living with or caring for someone who has a disability and one of the main topics of conversation is the lack of funding available for holiday purposes. Everybody deserves a holiday but sadly with the ongoing cuts in government spending and the rising cost of everyday living, many people are finding that they are simply unable to afford a holiday or short break away.

In short a holiday is becoming a luxury rather than an essential.

This is why Blitz has been set up and will be supported by The Bond Holiday Group with the intention of raising money to subsidise short breaks in Blackpool and St Anne's. The Bond Holiday Group will be donating generously to Blitz because we sincerely believe that EVERYONE should be given the chance to enjoy a short break away.

If you have any questions please feel free to call 01253 341218 or email: blitz@bondhotel.co.uk

The benefits of taking a short break cannot be counted, to take away the stress of everyday life and spend quality time with family, carers or friends. Many guests who visit Bond Hotels benefit socially by making new friends and

catching up with old acquaintances, looking to the future and making plans as well as creating happy memories which can be remembered for a lifetime. Relax in the knowledge of no cooking, no cleaning and no washing up, the mundane things that get in the way of simply..... Enjoying the company of the person you care for. Roll that in with Blackpool's refreshing sea air and a busy day sightseeing and everyone is bound to get a good nights sleep.

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First Focus Community Information and social Centre

As well as providing information and support on disability and benefit issues, they also offer a programme of learning opportunities one of which is a 'Writers workshop'

On Friday 8th April Fakenham library played host to the launch of Writing in Focus, an entertaining anthology of poetry and prose that is the culmination of a year's work for Fakenham First Focus' Writers Workshop. This group have been working together every month at the popular information and social centre in Cattle Market Street, following their successful contribution to the *Uncovering Gems* project two years ago.

The launch was attended by members of the group, First Focus trustees, organisers of the original project and Howard Young, the Workshop facilitator. Howard said he was surprised and delighted that they have sold so many copies of this anthology of original work by a group of people not used to writing in this style.

Community Outreach

The Headway outreach service helps people with brain injury, most of whom do not attend a Headway centre, to lessen the very heavy burden that comes with brain injury, and at any stage of their recovery. For many this may start with useful information on brain injury whilst the injured person is still in hospital, or later with accessing help with Statutory Services. The major role is helping the brain injured with coping strategies and community re-integration. The Norwich Headway Outreach Service Contact name is Ross Munroe on 01603 788114.

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Household Helpers

Household Helpers has been designed with all ages in mind. In addition to providing a standard cleaning service, it also offers help with other domestic jobs in and around the home such as:

- laundry and ironing
- changing bed linen
- shampooing carpets
- defrosting fridge freezers
- spring cleaning
- collecting prescriptions from your local pharmacy; and
- regular supermarket shopping using the internet via our Customer Contact Team.

How does it work?

Household Helpers puts the customer in control - you simply choose from the menu of cleaning services on offer, select a day and time that suits you **and decide whether you would like a regular or one-off service.**

There are no employment worries as all Household Helpers are hand selected by Age UK Norfolk, carry identity cards and are CRB checked, as well as being provided with extensive training.

Interested in finding out more?

A free, no-obligation in-home consultation is carried out to discuss the customer's domestic needs and to provide a tailor made plan that meets each individual customer's requirements.

Household Helpers is available in Norwich and its northern suburbs followed by availability across the county.

The regular price for the service is £14.25 per hour, purchased initially as a one hour slot, with the flexibility to add further 30 minute slots depending on the requirements of the client.

For further information, or to book an appointment, please call the Customer Contact Team on 01603 785200 or 01603 785262 or email householdhelpers@acnorfolk.org.uk.

Norfolk Museums & Archaeology Service

Why not visit one of our wonderful museums this summer?

Our museums are packed full of wonderful, beautiful and surprising things

Many of our museums have portable hearing loops for staff to use while giving talks. Portable stools are available and there are many handling opportunities.

Most of our sites are physically accessible and have

accessible WCs (for further information about access, please go to our Web site's Visit Us pages and select Access and Facilities). We can also arrange guided tours and handling opportunities to meet a wide range of access needs.

Here are a few suggestions for accessible visits this summer:-

Secrets of the Saucy Seaside Postcard – New Exhibition in Gt Yarmouth.

Time & Tide: Saturday 9 April 2011 – Sunday 4 September 2011



Discover the art of the seaside postcard with original designs by Bamforth & Co., whose mischievous illustrations and double entendres were synonymous with the great

British seaside holiday – titillating both holiday makers and their friends back home.



A touring exhibition from Kirklees Community History Service.

Prison Stories – in Norwich Castle Keep basement

New displays in Norwich Castle keep tell the true life stories of the people connected to its 500 year history as a prison. The interactive displays mean you can touch some of the objects, listen to audio accounts and watch film footage. There are also new props and costumes to try on!



Lynn Museum is now open following Seahenge re-display
After ten years of preservation, Seahenge's central oak stump is now on display alongside a number of its other timbers at Lynn Museum. There's also a new entrance into the Seahenge display.

Gressenhall Farm & Workhouse - Harvest Day Sunday 07 August 2011



Times: 10:00 - 17:00

Watch heavy horses bringing in the harvest, and see traditional farming techniques in actions and join the celebrations

Norwich Castle's Natural History Gallery

The fantastic refurbished gallery features all your old favorites alongside fascinating specimens previously in storage (such as the extinct Great Auk). The magnificent Polar Bear has a brand new icy home, the Fontaine-Neimy collection of rare and beautiful butterflies is once again back on display and the Red Kangaroo's bizarre history as a famous boxer has been revealed.



Visit our web site to find out more
www.museums.norfolk.gov.uk

A good website for an Audio Books

I have been sent this link to a good website for an Audio Books which you might find useful.

<http://www.calibre.org.uk/UserTemplate/show>

If your sight is poor - or if you have another disability that prevents you reading print - you can still enjoy all the

pleasure a good book brings. Our library has the largest lending collection of audio books in the UK in open format - that's to say, you don't need special playback equipment. That means there is something for all tastes and you can listen anywhere, at home or on the move.

HARLING AND DISTRICT SOCIAL SUPPORT GROUP



“Helping Each Other”

July Events: 6th Group Members’ Summer Party*; 13th Qigong with Debbie*; 20th Talk by David Turner; 27th Movement to Music with Diana*.

August Events: 3rd Talk by Molly Farrar from local “Feline Care”; 10th Qigong with Debbie*; 17th Craft demonstration (to be confirmed); 24th Arts & Crafts, Games & Puzzles, or members’ choice of activities; 31st Diana and Movement to Music*;

Please Note that as activities marked * are subsidised, non-members attending will be asked to contribute £5 per session (which includes materials where applicable). This will count towards their annual subscription, should they later join the Group.

We have many interesting activities planned for the future, including Painting and Drawing, and Speakers from the Parish Council, S.S.A.F.A., 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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THE RiNG The Rheumatoid in Norfolk Group
THE RiNG The Rheumatoid in Norfolk Group is the only social and support group for people in Norfolk with Rheumatoid Arthritis or an inflammatory arthritis We usually meet on the first Wednesday of the month at Hethersett Village Hall, Back Lane Hethersett from 2-4 pm unless stated otherwise.

On Wednesday August 3rd Vicky Sparkes the manager of the new Hotter shoe shop in Norwich is coming to talk to us about Hotter shoes and much more!!!!

On Wednesday September 7th Dr Gemma Ridel, Clinical Psychologist from the Norfolk and Waveney Mental Health Trust will be talking to us about how to manage a chronic illness.

We charge £3 per meeting which includes homemade cake plus 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 who are charged only £1 per meeting. If you haven't already been to THE RiNG why not come along and see whether you like us or pass this

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STAR EXERCISE GROUP FOR PEOPLE WITH PARKINSON'S AND THEIR CARERS

At the SPORTSPARK on Mondays

Stretch, Tone & Relax with Maria Widdrington from 10.30am to 11.30am

Swimming available between 10am & 1pm.

The weekly sessions cost £3 but you need to be a member of Parkinson's UK for insurance.

If you have Parkinson's or are a carer of someone with PD, please join us for a session or just come along for a chat and coffee.

For further information ring 01603 431757 or 485395

Support from the Community Sports Grant Programme

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An Information Day for parents and carers of people with learning disabilities

Prospects is the lead Christian organisation for people with learning disabilities and their families.

As a Charity our aim is to provide appropriate quality support enabling people to live their lives to the full.

Our experience in providing spiritual support adds value to the professional expertise that is available and contributes to a holistic approach to individual support.

Norwich - possible new support services

An Information Day for parents and carers of people with learning disabilities is being held on Saturday, 3 September 2011, at Bowthorpe Church Centre. Please contact Liz Chorlton for more information.

t: **01923 284 503**

e: lizc@prospects.org.uk

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Mile Cross Community Association would like to invite community groups from across the city to join them for their 30th Festival celebrations.

Mile Cross Community Festival and Classic Car Show

Saturday 2nd July, Sloughbottom Park

12 midday till 4pm

Last years event was a massive success with over 3,000 people attending for a great afternoon of fun and entertainment. This years event is promising to be just a good! Currently planned entertainment running alongside the community stalls and arena includes kids go karts, zorb balls, gladiator games, bouncy castles and circus skills to name a few.

This is a great opportunity for community groups and organisations to join us and get involved in celebrating community life. The afternoon is yours to fundraise for your group, run a fun activity or promote your organisation

Exploring the Broads

The Broads Authority's 2011 visitor magazine, Broadcaster (also available for loan on CD), has lots of useful information about the Broads - places to visit and things to do; easier access boating, boardwalks and fishing platforms; places to eat and places to stay and details of Broads information centres, plus listings of events happening throughout the Broads. For your free copy and more details on anything mentioned here, telephone the Broads Authority on 01603 610734, or email broads@broads-authority.gov.uk.

Whitlingham Country Park on the edge of Norwich at Trowse is a great place for walking, cycling and boating. For those travelling to the park by boat, there is an accessible mooring. The historic flint barn, which is fully accessible, houses a cafe and visitor centre, with new touch screens to help you explore the wildlife of the Broads before heading out into the park. There is a wheelchair accessible path around the Great Broad (about 2 miles / 3km) and two all-terrain wheelchairs are available - it's advisable to book by ringing Whitlingham Visitor Centre on 01603 756094 / 01603 617332.

The visitor centre will also be able to help you with enquiries about our new boat trip to be based at Whitlingham, on board Ra, Britain's first solar powered passenger boat, which is accessible to wheelchair users. Trips will be starting later in the summer. For other boating activities at Whitlingham contact the outdoor education centre, which is fully accessible - telephone 01603 632307 or go to www.whitlinghamoec.co.uk.

The Wherryman's Way long distance footpath follows the valley of the River Yare between Norwich and Great Yarmouth. The whole route is 35 miles (56km), starting

from Norwich railway station, and going through the Mid-Yare National Nature Reserve. There are three walks based along the way which are suitable for wheelchair users, at Whitlingham Country Park (see above) and at the villages of Rockland St Mary and Chedgrave.

In the northern Broads the Barton Broad Boardwalk (open all the time) will take you on a mysterious journey through swampy, wildlife-filled carr woodland to the edge of the broad. An access pack to make the boardwalk more user-friendly for visitors with sensory impairment is available for loan - please contact the Broads Authority on 01603 610734 and bring your own player. From Neatishead (near Wroxham), follow signs to Boardwalk. The boardwalk is easily accessible by wheelchair and a car park for disabled visitors is available at the entrance. Other visitors please use the car park in Long Road. Grid reference TG 351208. Sorry - no dogs except guide dogs.

We also have a new boat trip on board Edwardian-style Liana, running from Hoveton Riverside Park along the River Bure in the direction of Coltishall. For more details and to book for Liana, telephone Hoveton Broads Information Centre on 01603 756097 / 01603 782281. At How Hill National Nature Reserve we run a boat trip on board the Electric Eel. Access has been improved in the vicinity of Toad Hole Cottage Museum and at the moorings at the staithe, with a mooring reserved for easy access day boats. There's also a 300 metre easy access path along the River Ant to Boardman's Mill and Clayrack Mill. For the remainder of the site, we suggest that visitors with disabilities may find it helpful to telephone in advance to check whether How Hill is sufficiently accessible for you (01603 756096 / 01692 678763). A sound amplification system is available for all three boat trips - please ask for details when booking. Liana and the Electric Eel are not wheelchair accessible.

Broads Authority boat trips, Toad Hole Cottage and Hoveton Broads Information Centre are open until the end of October and then re-open again at Easter. Whitlingham Visitor Centre is now be open all year round. You'll find lots more visitor info on www.enjoythebroads.com where you can also search for accessible boating, places to visit, places to eat and drink, walking, bird-watching, angling, where to stay and information centres.

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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