

## NORFOLK DISABILITY INFORMATION SERVICE

ISSUE 30 MAR/APRIL 2003

[www.getphysical.norfolk.gov.uk](http://www.getphysical.norfolk.gov.uk)

### NDIS News

Would anyone like NDIS News emailed as a Word attachment? Same info but probably minus logos to keep the file size down. Email: [heather.davy.socs@norfolk.gov.uk](mailto:heather.davy.socs@norfolk.gov.uk)

### Listening to Disabled Children

Norfolk Social Services is working hard with their colleagues in other agencies 'to give children a voice'. A series of training events c/o the Triangle Organisation are being organised during the spring and summer aimed at enabling workers from a variety of agencies and work settings. The aim is to make consulting with children and young people part of everyday practice. Actively listening to disabled children can be a challenge which must be taken up to ensure those young people are heard. Further information from Nick Loone on 01493 335610 or [nick.loone.socs@norfolk.gov.uk](mailto:nick.loone.socs@norfolk.gov.uk)

### Coach education

One of a range of courses offered by West Norfolk Coach Education Programme is *Working with Disabled Sports People*. This is an introductory Level 1 workshop to increase your knowledge of disability sport and learn how to modify coaching to meet the needs of individuals. It will be held on Sunday 27<sup>th</sup> April at Lynnsport & Leisure Park, King's Lynn 10.00am – 12 noon. Cost £9. Apply by 18<sup>th</sup> April latest.

### Help with budgeting

FunderFinder has released free software to help voluntary and community groups create and use effective budgets. *Budget Yourself* will work on any PC running Windows 95 or higher and can be downloaded from [www.funderfinder.org.uk](http://www.funderfinder.org.uk) Also on the site is *Apply Yourself*, free software which aims to help groups write effective funding applications.

### Silver Surfers



Free computer taster sessions are available across Norfolk for women aged 50+. Sessions are small, friendly and tailored to make taking your first steps in computing easy and fun. Cyberwomen Silver Surfers week is from 24<sup>th</sup> March – 4<sup>th</sup> April. More information from 01603 665794.

### Carers Diet & Nutrition

West Norfolk Carers, the Queen Elizabeth Hospital and the Local Information Support Team are presenting a free forum open to all carers to give them the chance to discuss any concerns around diet and nutrition. It will be held on 10<sup>th</sup> April 10.00am – 2.30pm at the Deaf Centre, Railway Rd, King's Lynn. Lunch provided. Call 01553 768155.

### Great Yarmouth Volunteer Bureau

January 2003 saw the opening of the new Great Yarmouth Volunteer Bureau. Funded by the Neighbourhood Renewal Fund, and managed by Norwich and Norfolk Voluntary Services (NVS), GYVB will be working to raise the profile of volunteering in Great Yarmouth and to recruit volunteers for local organisations.

The GYVB team is made up of the two existing Great Yarmouth Volunteer Service Co-ordinators, Wendy Blair and Wendy Reader (having moved from Greyfriars Clinic); Mark Osborne (Oz), a Volunteer Development Worker, whose role is to encourage volunteering by people with special support needs; Joleen Dawson, the Receptionist/Information Assistant; and Deborah Chinman is Manager.

Having a Volunteer Bureau in Great Yarmouth provides the opportunity for people to drop-in and find out about the wide range of choices available for voluntary work in the area, and the benefits to be gained from doing so.

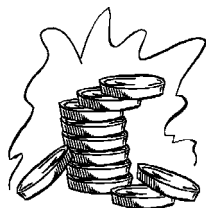
Great Yarmouth Volunteer Bureau can be easily found, based at Stonecutters House, 2 Stonecutters Way, the home of Great Yarmouth CAB. Opening times are 9.30 – 3.30 Monday to Thursday (Fridays by appointment). For further information telephone 01493 845990 or email [gyvbadmin@nvs.org.uk](mailto:gyvbadmin@nvs.org.uk)

## Turner Syndrome

Irene White from Norwich is hoping to start a self-help group in Norfolk for people with Turner Syndrome – currently the nearest is in London. Please get in touch via NDIS on 01603 763295 or [heather.davy.socs@norfolk.gov.uk](mailto:heather.davy.socs@norfolk.gov.uk)

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## Benefits & Finance



### Route 2 Mobility

The Wheelchair Partnership, a joint venture between the Enabling Partnership and Bright Futures (owners of the youreable.com website) will take over from Motability Finance from 1<sup>st</sup> May. The hire purchase scheme enabling people on the Higher Rate of Mobility Component of Disability Living Allowance or War Pensioners' Mobility Supplement to buy scooters and powered wheelchairs will be renamed Route2Mobility. The new scheme aims to bring lower prices and improved customer service.

### Direct payments test case

A High Court case has been launched to allow a woman to use direct payments from her local authority to pay her husband to care for her. She says that Leeds Council's refusal to allow her to use the payments in this way violates her human rights. The local authority argues that it is bound by the Community Care (Direct Payments) Regulations 1997 which forbids direct payments being authorised to secure services from a person's partner or close relative. Leave has been granted for a full judicial hearing.

## Repayment of long-term care costs

The NHS could face having to compensate people with dementia, disabilities and chronic illness who have been wrongly made to pay for their long-term care. A report by the health service ombudsman upheld claims that four older people from different health authorities were forced to pay for their long-term care in care homes. Her investigation found that DoH guidance had been misapplied by some health authorities and trusts, but also that the DoH should clarify its guidance on the system of eligibility for NHS funding of continuing care.

The Norfolk, Suffolk and Cambridgeshire Strategic Health Authority believes that patients have been assessed correctly, but if people have doubts about this they should contact the Patient Advice and Liaison Service (PALS) of the local Primary Care Trust (PCT).

### Child Benefit

From 1<sup>st</sup> April 2003, responsibility for Child Benefit will transfer to the Inland Revenue. From that date the Child Benefit Centre Helpline number will change to 0845 302 1444 or 0845 302 1474 (minicom).

### Pension Credit

This credit will be introduced in October 2003 and replaces the Minimum Income Guarantee. From that date Pension Credit will:

#### People aged 60 or over

- guarantee for single pensioners an overall income of at least £102.10 a week and £155.80 for couples; and

#### People aged 65 or over

- reward pensioners who have saved for their retirement – worth up to £14.79 a week for single pensioners and £19.20 for couples.

For couples, only one member needs to be 60/65 or over.

## State Second Pension

From 6<sup>th</sup> April 2002, this allows certain carers and people with long-term illnesses or disabilities to build up additional state pension for when they retire. Many carers build up their State Second Pension automatically but some may need to make a claim for Home Responsibilities Protection (HRP). Carers who are not working or earning less than £3,900 in the 2002/03 tax year and are **not** in receipt of

- Income Support as a carer
- Invalid Care Allowance (from 1<sup>st</sup> April becomes Carers Allowance)
- Child benefit for a child under six

throughout the tax year, may need to make a claim for HRP. This needs to be claimed within three years of the end of the tax year in which the caring took place.

For further information call 08457 313233 to request *State Pensions for Carers and Parents – Your Guide (PM9)*.

### Appeal Court ruling

In a test case brought by the Child Poverty Action Group, the Court of Appeal has ruled that the DWP (Department for Work and Pensions) cannot recover overpayments of benefit made to claimants that arose because the claimant stopped getting another DWP benefit. It held that as the DWP as a matter of law knew that the other benefit had stopped, it couldn't then claim the money back on the basis that the claimant had "failed to disclose" that it had stopped.

### Home Childcarers Scheme

From April 2003 this scheme will allow children to be cared for in their own homes, by approved Home Childcarers. These will

be registered childminders who have been approved by Ofsted, in accordance with the Code of Practice and the National Childcare Standards for Under Eights, Day Care and Childminding. Parents and guardians of the children cared for at home may be eligible to claim the childcare tax credit element of the new Working Tax Credit to assist with the cost of their childcare. Families who employ nannies are not eligible. Contact the Norfolk Childcare Information Service on 01603 622292 for more details.

### Flexible Working

Requests from parents of children (under 6 years) or disabled children (under 18) to work flexibly must be considered by their employers, if the parent has the qualifying length of service. The parent will not have an automatic right to flexible working, but employers will have a statutory duty to consider the application seriously.

### Compensation

South Tyneside Council has paid £500 compensation to a disabled man who had to wait months to receive home help and home adaptation assessments. It took the council 6 months to complete an assessment and carry out the works, and there was a delay of 7 weeks before the council responded to his complaint.

Kirklees Council has had to pay £5,000 to the parents of a boy with severe mobility problems and has been ordered to review its complaints procedure. The ombudsman found that there had been long running confusion over what action was in the family's best interest. The council had failed to ensure that the family were kept informed or advised and had not responded properly to their complaint. There had been unnecessary and unreasonable delay and the final response was inadequate.

### Employment barriers

The Disability Employment Advisory Committee (DEAC) has been established to advise the Department for Work and Pensions (DWP) on the labour market barriers faced by disabled people and develop recommendations to build on the Department's work in overcoming these barriers. The DEAC is made up of people from leading companies, trade unions, organisations of and for disabled people and providers of services for disabled people.

### ONE failure

The Government's welfare to work scheme, ONE, has failed to help people into work, according to research by the Department for Work and Pensions. [www.dwp.gov.uk](http://www.dwp.gov.uk)

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### Sport & Leisure Card



A new Sports Card has been launched for Norwich residents on a low income. The Go4 Less Sport & Leisure Card entitles users to discounts of up to 50% in the Council's leisure facilities, including the new Riverside Swimming Centre. Those eligible include people in receipt of Income Support, housing and council tax benefit, Attendance Allowance or Disability Living Allowance. For more info or to apply, call 01603 212259 or 727927.

### MSNN

Music & Special Needs Norfolk will hold its AGM on Thursday 10<sup>th</sup> April at Stoke Ferry Community Centre. 6.00pm refreshments, 6.45pm AGM and 7.00pm Annual Public Meeting. There will be reports by a music therapist, class leader and Sure Start. RSVP [msimpson1@](mailto:msimpson1@)

[beeb.net](http://beeb.net) or [susanpyke@tiscali.co.uk](mailto:susanpyke@tiscali.co.uk) or 01362 692743.

### Memory problems?

Are you having difficulties dealing with memory problems such as: Alzheimer's, Stroke, Motor Neurone; Multiple Sclerosis; Parkinsons or Dementia? Age Concern Norwich are running a drop-in centre for carers at their offices in the Advice Arcade, 4 Guildhall Hill, Norwich on Mondays 10.00am – 4.00pm (except Bank Holidays). Call in either on your own or with the person you care for, for an informal discussion with the co-ordinator.

### Acorn Grants

Grants of £500 - £10,000 are available for small community and voluntary groups in Norfolk who want to improve the skills, confidence and job chances of local people, as well as improve the quality of life in the community and combat social exclusion. Grants must fund 100% of a new activity, so no match funding is needed. Next bidding deadline is 30<sup>th</sup> May. More information and application packs from Fay Sheldon, Grants Co-ordinator on 01603 625205.

### Reliable Tradesman

British Gas has designed a website to help you find electricians, plumbers, builders and carpenters etc. All have been vetted for reliability. Visit [www.house.co.uk](http://www.house.co.uk)

### Venue for hire

Great Yarmouth & Waveney Mind has training and conference facilities at their Yarmouth head office. The fully self-contained facilities are available for hire by the half or full day and have parking, full access and accessible toilets, hearing loop and beverage kitchen. Hot and cold drinks and buffet lunches can be arranged. Overhead projector, screen and flipchart available on request.

Tel: 01493 842129 or email [yarvind@aol.com](mailto:yarvind@aol.com)

### Disability Sport

The Lynnsport Disability Sports Club takes place once a month at King's Lynn on a Sunday morning. Table tennis, new age kurling and bocchia are among the activities on offer for people with any disability. Future dates are April 6<sup>th</sup>, May 11<sup>th</sup> and June 1<sup>st</sup>, 10.00am – noon. Cost £1.20, carers free.

### Changes



**Holiday Care** has moved to 7<sup>th</sup> Floor, Sunley House, 4 Bedford Park, Croydon, Surrey CR0 2AP. Tel: 0845 124 9971 (information helpline), 0845 124 9976 (minicom), 0845 124 9973 (Friends membership and accommodation reservations). [www.holidaycare.org.uk](http://www.holidaycare.org.uk) Email: [holiday.care@virgin.net](mailto:holiday.care@virgin.net)

**King's Lynn and District Mind** has moved to 3 & 4 Richmond Place, Columbia Way, King's Lynn PE30 2NE. Tel: 01553 776966, email: [westnorfolkmind@tiscali.com](mailto:westnorfolkmind@tiscali.com)

**Norfolk FMS Support** has a new Chair: Anita Myhill, 23 Lavengro Road, Norwich NR3 4RT. Tel: 01603 465489. Helpline remains 01603 505510.

**Great Yarmouth Voluntary Sector Partnership** has moved to Stonecutters House, 2 Stonecutters Way, Great Yarmouth NR30 1HF. Tel: 01493 845994/5, Fax: 01493 844102, Web: [www.gyvsp.org.uk](http://www.gyvsp.org.uk), email: [info@gyvsp.org.uk](mailto:info@gyvsp.org.uk)

The **Home Independence Project** based at Centre 81, Great Yarmouth will close on

31<sup>st</sup> March 2003 as it has been unable to secure further funding.

**Community Health Councils (CHCs)** will be abolished on September 1<sup>st</sup>.

### Woodlarks

This Surrey campsite offers week-long holidays throughout the summer for people with disabilities. Some weeks are booked by particular groups, but there are six weeks each year for various age ranges to which anyone can come. Brick sleeping quarters are provided for those who need them, but most visitors choose to sleep in a tent. Many activities are on offer and there is a heated swimming pool. More details from Woodlarks Camp Site, Tilford Road, Farnham, Surrey GU10 3RN. Tel: 01252 716279 or email [woodlarks@aol.com](mailto:woodlarks@aol.com)

### Disability Forums

Next meetings: Great Yarmouth (provisionally – to be confirmed) – 15<sup>th</sup> April at 6.00pm at the Toy Library; North Norfolk – early June at the Council Chamber.

The following are Forum contacts: Great Yarmouth – Lindsay Seward, 2 Shakespeare Road, Gt. Yarmouth NR30 4HE, tel 01493 859597; North Norfolk – Sonia Shuter, North Norfolk District Council, Holt Road, Cromer NR27 9EL 01263 516173, [sshuter@north-Norfolk.gov.uk](mailto:sshuter@north-Norfolk.gov.uk) Broadland – Darryl Smith, Broadland District Council, Thorpe Lodge, Yarmouth Road, Thorpe St Andrew, Norwich NR7 0DU, 01603 431133; South Norfolk – Ian McArthur, South Norfolk District Council, South Norfolk House, Swan Lane, Long Stratton NR15 2XE, tel 01508 533633, [imcarthur@s\\_Norfolk.gov.uk](mailto:imcarthur@s_Norfolk.gov.uk) Breckland – Fran Saratoon, Breckland District Council, The Guildhall, Dereham, 01362 656830, [Fran.Saratoon@breckland.gov.uk](mailto:Fran.Saratoon@breckland.gov.uk) West Norfolk – Carol

Lascelles 01553 616381. Norwich PCT has recently set up a Disability Forum – contact Jackie Milner on 01603 307247

### Supported home study

The Learning and Skills Council is looking for carers and people with learning difficulties, particularly those from ethnic minorities, who would be interested in receiving tutor-supported home study education. Contact [karyn.arthur@lsc.gov.uk](mailto:karyn.arthur@lsc.gov.uk)

### Fakenham Focus

Focus has now got a part time co-ordinator, Susan Julian, and as from April 3<sup>rd</sup>, will change days from Tuesday to Thursday. This will enable more people from surrounding villages to come and visit as it is market day and there are more buses. More information from 01328 855083 when centre open or email [fakenham.focus@tiscali.co.uk](mailto:fakenham.focus@tiscali.co.uk)

### FundIT@NVS

NVS has funds to help smaller voluntary and community organisations to buy new IT hardware and software, website development or IT training up to a value of £3,000. If you have the following: 0-6 employees and annual income of less than £350,000; you are Norfolk-based; a constitution or equivalent and a bank account; you can spend your grant by the end of May 2003 – contact NVS for an application pack on 01603 878313 or email [volkitadmin@nvs.org.uk](mailto:volkitadmin@nvs.org.uk) Applications must be received by NVS no later than 25<sup>th</sup> April 2003.

### Yesu

Yesu – The Peoples' Place is a Help Shop at 15 High Street, Sheringham. Open Wednesday and Thursday 10.00am – 3.00pm it offers benefits help, drug counselling, pregnancy crisis and befrienders service. Coffee bar on Fridays and

Saturdays with Sky TV and pool table. Toddler groups on Mondays and Tuesdays. More details from 01263 825516 or [get.yesu@tiscali.co.uk](mailto:get.yesu@tiscali.co.uk)

### **Heron**

This local NHS website is a comprehensive and searchable database of over 900 self-help and support groups in Norfolk. The database will be regularly updated and has been set up by the Health Information Team. The website provides instant links to NHS Direct, NHS UK, the Department of Health and UK Online. [www.heron.nhs.uk](http://www.heron.nhs.uk)

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## **Legal Issues**



### **Bed-Blocking Bill**

The House of Lords has voted in favour of three amendments to the Community Care (Delayed Discharges) Bill that, if upheld, would reduce the possibility of patients being discharged prematurely or inappropriately. The first amendment was to exclude mental health patients from the fining system, and the second was that a patient or their carer must be consulted, and their informed consent obtained before they can be passed into the care of social services. They have also voted to exclude weekends and public holidays from being counted in the discharge period.

### **Equal medical treatment**

The High Court has ruled that people with learning difficulties should receive the same medical treatment as everyone else. The Judge ruled that a hospital had been wrong to deny life-saving medical treatment and only provide palliative care to a patient who has a kidney

failure. The hospital had recommended that he receive no new forms of dialysis or a kidney transplant because of his severe learning difficulty.

### **No lifting ban overturned**

The High Court has ruled against East Sussex County Council which had introduced a blanket ban on workers manually lifting disabled or elderly people. The case was brought by two severely disabled women who found being lifted by a hoist painful and had asked to be lifted manually, but the council had refused.

### **Care homes standards**

Care homes for older people built before April 2002 will be exempt from nine of the environmental standards on space, baths, doorways and single rooms. Existing homes for adults aged 18-65 will be exempt from eight standards on shared rooms, shared bathrooms and wheelchair access. The amended standards will apply from June 2003.

### **Discrimination in schools**

A survey by Contact a Family has found that one in three disabled children are still being treated unfairly in the education system. Despite the Special Educational Needs and Disability Act 2001 taking effect in September to strengthen the rights of disabled children in schools, discrimination is still occurring. Almost 1700 responses were made to a web-based survey and showed that more than a third of parents do not believe their child gets the extra help that they require at school. A similar number of parents were unaware of the new legislation.

### **Loss of mental capacity**

Research commissioned by the Making Decisions Alliance found that 92% of respondents

mistakenly believe their partner would be legally consulted if they were unable to make decisions. The Alliance wants the government to introduce a law to define mental capacity and to provide support to people without capacity to help them with decisions. Find out more at [www.makingdecisions.org.uk](http://www.makingdecisions.org.uk)

### **Disability Bill**

The Government intends to publish a draft Disability Bill later this year. Measures to be included are changes to the Disability Discrimination Act (DDA) affecting the public sector, transport, premises, and the membership of private clubs. It will also widen the definition of disability to include people with HIV and cancer. The DDA will be extended to address current loopholes including making it illegal for disabled people to be refused access to any public transport. Other proposals include placing duties on the public sector to promote equality of opportunity for disabled people, paving the way for other employers to follow.

### **Single equality body**

The DRC (Disability Rights Commission) has responded to the Government's consultation document *Equality and Diversity – making it happen*. The DRC argues that a single equality body would need to be accompanied by legislation to tackle discrepancies in coverage, rights and obligations and powers provided between the existing equality acts.

### **Air Travel**

The government has published a voluntary code of practice *Access To Air Travel* for the aviation industry. Recommendations cover meeting the needs of disabled people when booking their flight, travelling to the airport, and using facilities within the terminal and aircraft. The Government intends to monitor implementation and to

take powers to confirm it in law if good results are not achieved through voluntary implementation of the code.

### BSL recognised

The Government has now recognised British Sign Language as a language in its own right and has allocated £1 million funding for initiatives to support the move.

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### Grants available

Better Play, a partnership between Barnardo's and the Children's Play Council, is inviting applications for grants of £5,000-£35,000 from groups which promote inclusion of disabled children. Visit [www.barnardos.org.uk](http://www.barnardos.org.uk)

### Computer Care

This is a new company offering an individual service to computer users of all ages and abilities. Advice, help, training and troubleshooting can be provided at your own home. Computer Care also has a fully equipped training vehicle with mobile Internet and email facilities which can be used to provide computers as a leisure or learning activity for groups, clubs and organisations. Contact Pat Leonard on 01603 262344 or [pat@computercarenorwich.co.uk](mailto:pat@computercarenorwich.co.uk)

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### For sale

- Renault Espace automatic, 20,000 miles. Registered 9/95 and tax/mot to 9/03. 5 seats and electric wheelchair lift at rear (cost £3,000). vgc. £6,000. Tel: 01502 568837.

- Recliner chair electrically operated. Lifting arms for easy transfer. Removable footrest. Perfect condition – very little used. Genuine reason for sale. Cost £984. Offered at £290. Tel: 01603 810812.

- Very large Olivetti golfball typewriter with 6 spools of tape and in very good condition. Free to any voluntary or community group willing to collect from Attleborough. Tel: 01953 454818.

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### Musical Keys



Musical Keys, a registered charity providing music, movement and fun for children with special needs is planning a fundraising Fete on Monday 26<sup>th</sup> May (Bank Holiday), at the Old Catton Recreation Ground, Church Street, Old Catton. As well as the usual attractions, Musical Keys hopes to involve other charities and community groups by offering them the use of a pitch to raise funds or the profile of their own organisation. Pitches £6 and must be booked in advance. Contact Jill Brown on 01603 426891 or [jillc.brown@tesco.net](mailto:jillc.brown@tesco.net)

### STIL Project

Supportive Technology for Independent Living (STIL) is a partnership project that has been set up to see whether a range of technology can help people with dementia live at home longer by:

- Reducing levels of risk
- Helping people with dementia to feel more safe and secure
- Supporting relatives and carers.

The project is aimed at supporting older people in Norwich who have been diagnosed as having dementia and who have been receiving the support of a Community Mental Health Nurse or Social Worker. The STIL flat has on show items including a fall detector; flood detector; smoke detector; window/door contacts; pressure mat; voice prompt; pill dispensers; gas detector and shut off valve. The

service is a 2-year pilot project and the technology is supplied on loan and fitted free to the service user for the duration of the project. More information from Dyllis Faife on 01603 223500 or Julia Wilkin on 01603 496300.

### Ability Travel

This company aims to make wheelchair accessible vehicles available for hire. It has two adapted Mercedes people-carriers, which are ideal for holidays and long trips. Visit [www.abilitytravel.co.uk](http://www.abilitytravel.co.uk) or call 07831 275756.

### Equipment exhibitions

The Norfolk & Norwich Association for the Blind (NNAB) are holding the following exhibitions:

- Pulsedata International and Dolphin Computer Access – April 7<sup>th</sup> at North Norfolk Conservative Association, 8 Loudon Road, Cromer;
- April 8<sup>th</sup> at NNAB, Magpie Road, Norwich;
- April 9<sup>th</sup> at Unit 9 North Lynn Business Village, Bergen Way, King's Lynn.

Pulsedata International – April 11<sup>th</sup> at Diss Methodist Church, Victoria Road.

Sight & Sound Technology and Optima Low Vision Services – June 3<sup>rd</sup> NNAB, Magpie Road, Norwich;

June 4<sup>th</sup> at Unit 9 North Lynn Business Village, Bergen Way, King's Lynn.

Further information from Joan or Mark on 01603 629558.

### Training

West Norfolk Council For Voluntary Services (WNCVS) are holding the following courses at King's Lynn: Taster courses on Budgeting (morning session) and Internal Communication (afternoon session) on 14<sup>th</sup> May 9.30am – 4.00pm. Cost £20 per session to members and £35 per session to non-members; Making Successful Funding Applications on 20<sup>th</sup> May 10.30am – 3.00pm; members £30 per person, non-members

£50 per person. Tel 01553 760568 for information and bookings.

### Over 55?

Would you like the support of a knowledgeable, friendly person when speaking with your social worker, doctor, solicitor or other agency, or help to obtain advice and defend your rights? Norfolk Elders Advocacy Alliance will assign a free Citizen Advocate to you in complete confidence. Tel: 01362 699261 or email [NEAA@care4free.net](mailto:NEAA@care4free.net)

NEAA also trains volunteers as Citizen Advocates. If you have integrity, the ability to listen and could offer 2 hours of your time each week, please call for a Volunteer Application Pack.

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## Publications



The *Norfolk Counselling & Psychotherapy Directory* costs £5 (inc p&p). From Gail Platt, 17 Primula Drive, Norwich NR4 7LZ, cheques payable to the Norfolk Forum for Psychotherapy and Counselling.

The Stroke Association publishes a wide range of booklets including a new title, *Stroke in Younger Adults*. Single copies free from The Stroke Association, Northampton Resource Centre, Charles House, 61-69 Derngate, Northampton NN1 1HD. The full publications list is available at [www.stroke.org.uk](http://www.stroke.org.uk)

RADAR's *Holidays in Britain & Ireland 2003* is now available for £8 (inc p&p) from 12 City Forum, 250 City Road, London EC1V 8AF.

A new updated edition of the *Smooth Ride Guide* covering wheelchair-accessible sites, buildings, activities and attractions in the UK has been published. Price £12.50 (inc p&p) from 0845 608 8050.

*Help in Your Home* is a free guide from Help the Aged. It describes the carer system, including help provided by social services and how to obtain it. From the Information Resources Team, Help the Aged, 207-221 Pentonville Road, London N1 9UZ or [adviceleaflets@helptheaged.org.uk](mailto:adviceleaflets@helptheaged.org.uk)

Ricability has brought out 3 new guides to provide disabled parents with information on everyday childcare products. They are: *Baby carriers; Bottles, warmers and sterilisers; and Safety Gates*. Each guide has tips on using the product, which models parents found most useful, contact details for a wider selection of manufacturers and sources of further information. For all three guides send an A4 SAE with 87p in stamps to Ricability, 30 Angel Gate, City Road, London EC1V 2PT, or download as a pdf document from [www.ricability.org.uk](http://www.ricability.org.uk) Guides on pushchairs, high chairs and car seats will be published later this year and in 2004.

The *Government Guide for People over 50* provides information, advice and details of services across government. It includes sections on work, learning, volunteering, keeping fit and planning for the future. Free from 0845 602 2260 or view at [www.over50.gov.uk](http://www.over50.gov.uk)

The tenth edition of *Practical Suggestions* has been published by Outsiders. This organisation offers isolated people with social and physical disabilities the chance to gain confidence, make new friends and find partners. The book offers practical suggestions about how to find a partner and tries to inspire sexual confidence

in its readers. Price £15 (inc p&p) from Outsiders, BM Box Outsiders, London WC1N 3XX or view at [www.practicalsuggestions.org.uk](http://www.practicalsuggestions.org.uk)

Mind has published a new title in its "Understanding" series - *Understanding Dissociative Disorders* – often described as "split personalities". It explains the disorders, their symptoms and causes, and options for treatment. All the booklets in this range and the "How to" series cost £1 and can be ordered from 020 8221 9666 or [publications@mind.org.uk](mailto:publications@mind.org.uk) or can be viewed at [www.mind.org.uk](http://www.mind.org.uk)

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## Disabled Workers

The Disabled Workers Co-operative is looking for disabled workers to register free on its database. Its aim is to promote the skills, services and products offered by disabled workers by creating a searchable database of these skills and services. Any disabled individual, sheltered workshop or company or organisation employing a significant number of disabled people can register. For more details and to register visit [www.disabledworkers.org.uk](http://www.disabledworkers.org.uk)

## PALS

The Patient Advice and Liaison Service (PALS) based at the Norfolk & Norwich University Hospital can

- help answer questions about the Trust or your care;
  - offer advice and support when things go wrong;
  - respond to your concerns and problems;
  - listen to suggestions for improving services;
  - provide balanced and impartial information and advice.
- Contact PALS on 01603 289305

## Mandoforms

The first online forms accessibility guide has been produced by Mandoforms and the RNIB.

The aim of the free document is to help organisations to create and deploy user-friendly e-forms, making their services easily accessible to all potential customers in accordance with government regulations. The guide can be downloaded in PDF and text format from [www.mandoforms.com](http://www.mandoforms.com) or for CD and printed version call 0161 226 9906.



### **Priorities! Older People & their Carers and Disabled people & their Carers**

The Community Fund is committed to allocating a substantial proportion of its awards to projects working with older people, disabled people, and their carers. We are looking to fund voluntary sector projects, which make a positive contribution towards tackling the disadvantage that they face.

#### **Disabled People**

We are interested in funding projects that help disabled people play a fuller role in society and live as independently as possible. Projects that help carers support disabled people in playing a fuller role and living more independently.

#### **Older People**

We are interested in funding projects that help older people be less isolated and more independent by increasing their opportunities to contribute to society and by helping them get the support they need to minimise the effects of failing health and low income. Projects that help carers support older people to be less isolated and more independent.

#### **Carers**

We are interested in funding projects that help carers

themselves be less isolated and get the support and opportunities they need to look after their own interests and development.

Does this sound like your organisation or project? Do you want to know more? Would you like your details logged onto our database so we can keep you informed of forthcoming events? Call Community Fund on 01223 449018.

### **Your help wanted**

Citizen Advocacy is one way of ensuring that people with Learning Difficulties have their voices heard and their wishes respected. More volunteers are needed to partner people with Learning Difficulties in Norfolk. If you are over 18, believe in equal rights for everyone, good at listening and communicating, prepared to speak up on behalf of someone else, then you are the kind of person who could make a good Citizen Advocate. Interested? Call Changing Places on 01603 614655 or email [info@changingplaces.org](mailto:info@changingplaces.org)

### **Are you a disabled parent?**

The Disabled Parents Network is organising a series of three Roadshows between July and October 2003 in three different locations. They are looking for disabled parents or parents-to-be who are keen to meet other disabled parents; be involved in shaping existing and future local service provision; find out more about the Disabled Persons Network; and learn about the types of support that may be available to disabled parents. The Roadshows will be free to attend and help is offered with the costs of travel, personal assistance and accommodation. Childcare will be provided. Further details from 0118 986 9543 or [www.DisabledParentsNetwork.org.uk](http://www.DisabledParentsNetwork.org.uk)

### **Family Holidays**

The Ty Glyn Davis Trust is a small charity which runs a self-catering holiday and respite centre for families that have a child or other member with special needs. The accommodation is in a rural setting a few miles from the Cardigan Bay coastline. They are open during the autumn and winter as well as the usual holiday season. Contact 01545 571604 or [www.tyglyndavistrust.co.uk](http://www.tyglyndavistrust.co.uk)

**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 Social Services**

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