



**NEWSLETTER OCTOBER/
NOVEMBER 2009
ISSUE NO. 65**

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

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Welcome

Hi and welcome to this new edition of the NDIS Newsletter. Since we last published there have been many exciting changes at the NDIS which we want to tell you about.

Welcome Sue Clark

The Norfolk Disability Information Service at the Vauxhall Centre Welcome's Sue Clark as the Joint Information Officer. Sue's recent background (the past 6 years is in Social Services working for the County Councils Access Service and prior to moving to Norfolk was also Honorary Secretary for Disability Sport England East Midlands Region. Sue and Keith Roads our existing Information Officer, will continue to deliver a high quality information service to both the public and to other service providers. The service will continue to provide information across a wide range of disability related issues. Sue will bring her own expertise to the service, relating to her experience on the Access Team.

We hope you like our new look newsletter. As always, we are keen to receive any feedback or suggestions you may have about the newsletter.

Keith and Sue

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The National Pandemic Flu Service has been launched in England

Sorry to be the harbinger of bad news if you feel like you may have swine flu then I suggest you please visit the new website by following the link below, or call 0800 1 513 100 (text phone - 0800 1 513 200).

When you phone them you will be given a unique access number and told where you're nearest antiviral collection point is. You can then ask a flu friend - a friend or relative who doesn't have swine flu - to go and pick up their antiviral from their nearest antiviral collection point. The flu friend must show their own ID as well as that of the patient. Hope you remain warm and well!

ON THE SUBJECT OF KEEPING WARM DID YOU KNOW ABOUT WARM FRONT GRANTS SCHEME?

This is a popular scheme that provides help with heating and Insulation improvements to people

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aged 60 or over, disabled people and families with children. To get a grant you have to own or privately rent your home and receive a qualifying benefit.

For more information, call **0800 316 2814**.

You may also be able to get a Winter Fuel Payment - is a one-off annual payment to help with heating costs in winter. This is paid to each household with someone aged 60 or over. For more information, call **08459 151515**.

TEST YOUR ELECTRIC BLANKETS NOW SAYS NORFOLK COUNTY COUNCIL

The nights are drawing in and Norfolk residents are being urged to get their electric blankets checked before winter finally arrives.

Councilor Harry Humphrey, Cabinet Member for Fire and Community Protection at Norfolk County Council, said: "People tend to use their electric blankets for a small part of the year and often tend to keep the same blanket for very many years.

"As a result, faults can occur because of the way they are stored - or just because they're old. As these faults can have potentially deadly consequences, it's essential to make sure your electric blanket is safe before you use it this winter.

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EMERGENCY HELP FOR UNPAID CARERS

Norfolk County Council have published "In My Place" - a new emergency help line service for unpaid carers which can arrange for trained carers to step in if the unpaid carer is delayed or an emergency happens. Carers can carry a 'Carer's Emergency Card' listing two people who should be contacted in an emergency and Adult Social Services provides emergency respite care for carers needing an emergency break. For more information on In My Place, contact Joan Inglis on 01603 495103.

The Big Care Debate



As we all know the country is in the midst of difficult financial times. However that doesn't stop me or indeed many of you still needing care. The Government recently published 'Shaping the Future of Care Together', which sets out proposals to reform the social care system in England. This is a Parliamentary Green Paper, which means that it is the first step of many towards becoming a law. The Big Care Debate is your chance to make sure your opinions and ideas on these proposals are heard - and there are several ways you can do this. You have until 13 November 2009.

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You can read more about the consultation and submit your own response by visiting the government's website. As the saying goes 'Nothing about us, without us!'

HATE CRIME

WHAT IS HATE CRIME?

Hate crime is any offence committed against a person or property which is motivated by the offender's hatred of people because they are seen as being different. You don't have to be from a minority community to be a victim of hate crime.

Hate crime hurt's, it can be confusing and frightening. By reporting it, you may be able to prevent these crimes from happening to someone else. Reporting makes a difference to you, your friends, your life.

A HATE INCIDENT IS DEFINED AS

"Any incident, which may or may not constitute a criminal offence, which is perceived by the victim or any other person as being motivated by prejudice or hate."

WHAT CAN I REPORT?

Any incident where you or anyone else has been targeted because they or you are believed to be different:

- race

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- religion
- sexuality
- gender identity
- or have a disability

Domestic abuse involving anyone whom you have a close relationship with; e.g. your current or previous partner.

For more information about hate crime and why you should report it, please visit <http://www.cambs.police.uk/truevision/>

For more information about helping you cope with the effects of crime, please visit <http://www.victimsupport.org.uk>

If you or someone you know has been a victim of hate crime, please contact the Norfolk Constabulary on 08454564567. However if you want to report a crime anonymously then please call Crimestoppers on 0800 555 111.

The Guardian reports that the Pilkington case may be a Lawrence moment for disability hate crime

Campaigners hope case will be a turning point, like the Stephen Lawrence murder was for the policing of racist crime

There are few concrete statistics on the level of hate crime against the 1.2m people in Britain with a

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learning disability. In a survey by the charity Mencap, nine out of 10 said they had been bullied in the past year. Two-thirds of those questioned said they were bullied on a regular basis, and a third told of being bullied daily or weekly.

Official attempts to gather data about such crimes against disabled people generally only started last year. Experts and campaigners regard this as the most stark, evidence of the failure by the authorities, and in particular the police, to take seriously the routine suffering of those with learning disabilities.

A few high profile cases, such as that of Steven Hoskin, have been widely reported. The 39-year-old, who had severe learning difficulties, was tortured and drugged before being forced over the edge of a viaduct. After two of his tormenters were convicted of murder and one of manslaughter, a serious case review revealed that police, social workers and other agencies had missed dozens of chances to intervene.

It tends to take a death to gain any serious attention, says David Congdon, the head of campaigns and policy at Mencap. What he calls "low-level harassment and bullying" goes largely unnoticed unless it drives someone to such depths of despair as it did Fiona Pilkington



SPECIAL FEATURE

Disability Rights Norfolk

DRN can help with advice and support for any young people or their carers who want to

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access all benefits they may be entitled to. We also have an advocacy service to support and assist to solve problems with other services.

Once you are 16 you can claim benefits for yourself. If you still live at home but start to claim certain benefits (not including Disability Living Allowance) in your own right, your parents will stop receiving benefits they have received on your behalf, such as Child Benefit and Child Tax Credit.

We help people with the claim forms, giving as much assistance as any client needs – this can mean we will write out everything, or we can just give advice on what needs to be written. Some claim forms are fairly self-explanatory and might be easy enough to complete without help, but we would strongly advise anyone to seek help to complete Disability Living Allowance, Employment and Support Allowance, or Incapacity Benefit forms. We have several very experienced appeal representatives who will attend appeal tribunals with clients, and who will prepare a submission on their behalf and explain the procedure and the rules that apply to any particular benefit. For more information contact <http://www.ncodp.org.uk>

Tel: 01508 491570 - Textphone: 01508 491215

Fax: 01508 491216 - Email: drm@ncodp.org.uk

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SPORT

The next two articles were reproduced courtesy of the Norwich Disability Sports Forum

Green Canaries Wheelchair Basketball



We have been running for 2 years now and it is a much needed activity for those who love playing wheelchair basketball and want to be social with others in the local community.

We have qualified coaches and child protection officers all in place. Participants need to have a certain level of playing ability, if you are interested in joining the club it is advised to email David Green first to discuss this. Green Canaries has a wide range of participants including amputees, Spina Bif, some "mild" C.Ps and accident people, plus able-bodies.

We practice at Recreation Road Sports Centre every Saturday 3.30-5.30pm. Age from 14-45. Enquires please contact David Green david.green77@ntlworld.com or visit www.greencanaries.co.uk

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Sports Activities at the Norfolk and Norwich Association for the Blind

As the local charity for people with poor sight in Norfolk, the NNAB offer a range of activities at a number of venues across the County, these include;

- Swimming
- Tenpin Bowling
- Tandem Cycling
- Extend Seated Exercise
- Walks & Rambles
- Short Health Walks
- Sailing
- Motor Cruiser Trips
- Youth Group Activities
-





NEW GENTLE EXERCISE WITH SALLY

Sally is offering a new class for people with learning difficulties and uses a wheelchair, or has mobility difficulties.

You will work at your own pace, having fun with gentle movements and games to help with everyday activities. You will focus on posture, flexibility and coordination. It will be a good opportunity to meet

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new friends, and to increase self confidence. Your carer will be encouraged to work closely with you to support your participation.

The new class is at **Potter Heigham Village Hall** on Tuesdays from 1.45-2.45pm. It starts on 15th September. The cost is £24 for 6 weeks. Enjoy a free taster session if you are new to Sally's classes.

Contact Sally on **01603 432487** for further information and to book your place. Sally is well known for her fun and friendly exercise sessions, offering a variety of classes (from gentle to more active) to suit individual needs.

Other classes take place at **The Sacred Heart Church Hall, North Walsham** on Wednesdays from 1.45-2.45pm (starting 9th September), and at **The Vauxhall Centre, Johnson Place, Norwich** on Thursdays from 11.00-12.00

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EQUALITY SUCCESS IN THE CITY

A new scheme that helps improve the way the authority works with, and supplies services to, its disabled residents, has been approved by the city council's executive committee.

The Disability Equality Scheme 2010-2013 was written with groups like the Norfolk Coalition of

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Disabled People and the Norwich Access Group, to support the growing diversity of the city, and eliminate discrimination.

Laura McGillivray, Chief Executive Officer at Norwich City Council and chair of the Equalities Group, said: "We've been working closely with partners to ensure we are planning service improvements that will really make a positive difference to people's lives. We are very grateful to those who have given their time to help us make a difference."

"Having the right information about those living in the city will prove invaluable when shaping our services in the future, meaning people will benefit directly from us having a greater understanding of who needs what in Norwich."

The document will be available on the city council's web page shortly, following an accessible version being put together with the help of People First Norfolk. When it is live you can find it on www.norwich.gov.uk through the A to Z search, under E for equality and diversity.

NORWICH EQUALITIES FORUM

This community based group of Norwich residents, work with the council on its equalities duties through consultation six times a year. The forum:

- acts as a critical friend for the council's diversity policies, in particular regarding the council's equality impact assessments

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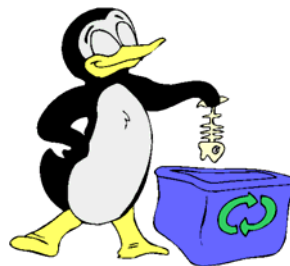
- supports the council in eliminating discrimination
- joins together with other groups to ensure equality
- ensures the council is aware of its responsibility to monitor the three new strands: religion/belief, sexual orientation and age
- questions and challenges the council, and not just told of decisions
- challenges foundations and motivation of council
- Provides representative voices as an authentic cross section of the community.

For more information about the forum, or if you are interested in taking part please call Nadia Aman, policy officer at Norwich City Council, on 01603 212368 or email nadiaaman@norwich.gov.uk

You can keep up with the forum activities online at www.norwich.gov.uk on the equality and diversity page, where we will put minutes and outcomes of the group's meetings.

WASTE AND RECYCLING

Did you know?
We offer assisted collections for people who cannot move their bin themselves



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Braille stickers are available for people who need them to tell their bins apart

Your collection calendar for 2009-10 should now have been delivered with all the information about what day your collection is, where you need to leave it, and what goes in which bin – let us know if you haven't received one, so we can send one to you

You can swap your standard sized bins for smaller ones. You can get in touch with us about any of these things by calling 0344 980 3333 or emailing

info@norwich.gov.uk

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Norwich Older People's Forum

Aiming to ensure that the voices of older people are heard, the forum will enable this group to influence the way services are planned and delivered, helping to maintain and improve the wellbeing of older people living in and around Norwich.

Membership is totally open - anyone with an interest in issues affecting older people is invited to come along and express their views.

To join the forum and find out more, contact Robin Hare at robinhare@norwich.gov.uk or call 01603 212412

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BITS AND BOBS

MONEY SAVING WEBSITES

I have recently been trawling the internet – often come across interesting sites...



Have you tried?

www.freestuff.co.uk This is a website where you can get everything from the free product samples to £500 of Argos vouchers. Items on offer include books, mobile

top up cards, flowers, chocolates, computer games, hair cuts, and discount codes for high streets stores. You have to be willing to take part in some consumer surveys and beware, some of the surveys do require you to sign up to advertisers' offers, but you can cancel these straight after and still receive your free vouchers.

NORFOLK ASSOCIATION FOR THE DISABLED AGM

This year's Annual General Meeting is being held at 2.00 pm on Tuesday 13th October at the St Faiths Centre, Horsham St. Faith. This year's guest speaker will be Jeremy Goss, the Community Ambassador for Norwich City Football Club. Please call Diane on 01603 432900 if you would like to attend.

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DISABLED GEAR

www.disabledgear.com

Guy Harris has set up a website to enable people to sell their second hand disability equipment without a handling charge. It may be worth a look.

CYCLONE GOES ONLINE

Cyclone has launched an exciting new online clearance shop full of great bargains. If you visit www.wheelchairmobilitystore.com you'll be able to find hundreds of Cyclone products including brand new equipment, refurbished kit and ex-display stock.

MEN'S GROUP IN THETFORD

The group meets at the community room 91a Magdalen Street, Thetford on Wednesday mornings 10 am until 12 midday. The group is primarily for disabled people but would welcome anyone who would benefit from a social group. For more details ring Keith Ready on 01842 75493

NORTH NORFOLK DIFFERENT STROKES SUPPORT GROUP

We are a support group for young stroke survivors who meet fortnightly on a Tuesday afternoon. Meetings are at St Josephs church hall, Cromer road, Sheringham from 2.30-4.30 pm. the group is

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open to stroke survivors, people with acquired brain injury and their carers.

We also have aqua aerobics sessions especially for the group every Tuesday 12.30-1.30pm at Pinewood Park Leisure club, Holt Rd Upper

Sheringham. All welcome

for more info please contact Hazel (01263) 710262 or Doug (01263) 715952.

AGE CONCERN NORWICH

Fugill Green Sheltered Housing Scheme offers a programme of activities:

Tuesday - Knit & natter @ 2pm and Whist Drive 7pm

Wednesday - Coffee Morning 10.30am and Darts 2pm

Thursday - Bingo 7pm

Friday Quiz and Hoy 2pm

For more information please contact the Scheme Manager Gillian Everett. Telephone: 01603 432466

Address: 21 Fugill Green, Norwich NR7 9QZ

Office hours: Monday – Friday (9am – 3.00pm)

“Working With the Community” Come and join us for a fun afternoon at Heartsease Pub (180 Plumstead Road NR1 4JZ under new management)

Make new friends in a warm and friendly environment.

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A full and varied afternoon includes: Tea Dance, pool table, darts, crib board, board games, scrabble, jigsaws, dominoes and cards

Advice and information (Age Concern Norwich) will also be at hand to help with information on a range of matters.

(Monthly event: Third Tuesday of each month next dates: 20th October and November 17th)

Social Afternoon

Come and join us for a fun afternoon at Norwich Central Baptist Church, St Mary's Plain, Duke Street, Norwich

6th October 2009

(Meets every 1st Tuesday of each month: next get together 3rd Nov)

2 – 4pm

Tea and coffee will be available

Make new friends over a full and varied afternoon including: Tea Dance, board games, scrabble, dominoes and cards.

ALZHEIMER'S SOCIETY - SING TOGETHER

Do you enjoy singing?

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We meet on the 4th Friday morning of the month in Bowthorpe for a cup of tea, a really good sing and a bit of company. No need for a wonderful voice - just come and join in!

**If you'd like to know more, please ring
Sylvia: 01328 853963 or
Heather: 01603 452404**

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ADVERTS

SHOPRIDER SOVEREIGN 4 with CAPTAIN'S SEAT. Only 5 miles use since new. Local delivery can be arranged.

£475 o.n.o. (RRP. £1895 new.)

Phone Anne or Bryan Robinson 01362 692980 (Dereham).

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FOR SALE - GOGO TRAVELLER SCOOTER
(4pmh) Bought new March 2008. New Battery and full service June 2009. Genuine reason for sale
£400 ono. Contact 01603 614061

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New Models from Favourite Brands now available from Motability

Motability have now included the following cars here is an example of some of the cars in the scheme:

Ford Ka Style 1.2 @ nil advance payment –

Described as a practical small car with a completely fresh look to the design that was first launched over ten years ago.

Citroen C3 Picasso 1.6 HDi diesel from £495 advance payment

– This model new market earlier this year, is spacious, family friendly and has loads of boot space.

Fiat Qubo MPV 1.4 8V Dynamic from £1,132

advance payment – This car is functional and easy to access with sliding rear side doors, the Fiat Qubo is practical and spacious.

Nissan Qashqai +2 1.6 Visia from £1,499

advance payment – This is described as a family-friendly MPV with an additional two seats ideal for children as well as the standard five seats, offering great handling and smooth driving.

Vauxhall New Insignia ST from £3,649 advance

payment – Described as a stylish estate that is practical and spacious with an ergonomically clever design particularly in the interior.

There are many other new additions come as prices for the summer are unveiled by Motability Operations. This includes several models falling to nil advance payment which means customers don't pay anything extra other than the monthly lease cost

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(covered by their mobility allowance) for the worry-free motoring package.

Mobility customers enjoy brand new car every three years including insurance, servicing and maintenance, full RAC breakdown assistance, an allowance of 60,000 miles over three years, plus free tyre and windscreen replacement.

Full details of all car prices are available on the online Searchable Price Guide at www.motability.co.uk. For more information on leasing a car from Motability call **0800 093 1000**.

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HOLIDAYS

Tourism for All UK

I came across a very impressive website called Tourism for All UK they are an organisation which provides information to people with disabilities and older people in relation to accessible accommodation and other tourism services and needs. Its telephone enquiry service provides holiday and travel information and advice on issues including funding for holidays, accessible hotels and holiday accommodation and respite care. It also produces publications on a range of holidays in the UK and abroad for people

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Phone number 0845 124 9971

Email address info@tourismforall.org.uk

Website <http://www.tourismforall.org.uk>

SUPPORTED/RESPITE HOLIDAYS

My name is Barry Ritchie together with my wife we have set up bsr Spain supported holidays. We offer support to people with Learning disabilities, Special Needs, Mental Health Difficulties to go on holiday to Spain at reasonable prices. Please take a look at our web site www.bsrspain.co.uk.

We have a brochure which we can send to you if you email your name and address to info@bsrspain.co.uk.

TASTERS AND COURSES FOR ADULTS

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Community Music East Courses

CREATIVE RELAXATION

An opportunity to unwind and revitalise with simple music making, body relaxation, breathing and vocalisation. Identify and address some of the common stresses of everyday life, find ways of relaxing through joining in creative activities and leave the sessions feeling invigorated and refreshed.

DIGITAL PHOTOGRAPHY

Find out about the facilities and functions of the digital camera, transferring images to the computer, developing photo albums and enhancing photos using computer software. Lots of fun, relaxed and friendly environment, tame and approachable tutors!

GUITAR CLUB

Help with everything from the basics to the wild. Investigate a range of styles, genres and techniques, develop some band skills and try song making and performing. Learn at your own pace from a wide-ranging repertoire. Bring as much or as little experience as you like. Bring your own guitar or use one of ours.

MUSIC TECHNOLOGY

A course aimed at beginners or those wishing to develop their skills and knowledge. You will cover audio recording and editing, use of software effects,

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guide to synthesis and use of sequencing technology in composition. Sessions are tailored to each group's requirements and you can progress at your own pace within the group.

OPEN HANDS DRUMMING

A fun opportunity to develop hand drumming skills in an informal environment, using repertoire from around the world. Help and guidance is on hand to assist with all things hand drum related as well as opportunities to perform and try new things. Bring your own drum or use one of ours.

PODCASTING

Find out all you need to know to create, publish and subscribe to podcasts. During the course you will gather and record content, edit it using audio software and learn how to upload it to the web. Turn your original idea into your very own podshow to share with friends, family and the world at large!

SINGING

Singing is good for you! It exercises your heart and lungs and can reduce stress. Learn voice production, voice projection, breathing, harmony and vocal percussion. Sing together songs and rounds from here, there and everywhere.

UKULELE

One of the world's most popular instruments, celebrated from Fiji to Blackpool, from the music

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hall to the protest march. It's simple to play, easy on the ears, eminently portable and laughably affordable! Learn the basics of tuning, chords and posture. Learn how to strum, pluck and write your own tune. No previous knowledge required. Bring along your own uke or use one of ours.

LOVE SONG MAKING

Stuck for ideas as to what to get your partner for Valentine's Day? Then give them the ultimate gift with a personalised love song. Over two days you will transform your ideas to finished song as you learn about writing lyrics, composing melodies, constructing accompaniment, recording and performing. Bring hearts, sleeves and big ideas! Take your song home on a CD.

HAVE A CREATIVE CHRISTMAS

CHRISTMAS SONG MAKER

All you want for Christmas – your own number one hit. Number one because yours is the only charts that counts and a hit because whoever it is for will love it! Transform your ideas to finished song as you learn about writing lyrics, composing melodies, constructing accompaniment, recording and performing. Take your song home on a CD.

DIGI CHRISTMAS

Use a camera (your own or one of ours) to create an image or bring in a favourite photo. Learn how to

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enhance it using computer software, and then turn it into a unique and original card or gift.

For more details contact Jo on 01603 628367

FREE COMPUTER COURSES

CME is offering free courses on how to use computers and the internet from September 10.

The courses are suitable for people completely new to computers or those looking to improve their skills. Topics include basic keyboard and mouse skills, using email and accessing online services such as job hunting, banking and shopping.

We'll provide support in plain English to help you get started. No one will talk 'techy' or use lots of computer jargon and we'll be on hand to guide you if you get stuck.

Sessions will run on Thursdays 10am to 12pm and Fridays 1pm to 3pm at CME's UK online centre at 189 King Street, Norwich. Places must be booked in advance on 01603 628367. Please visit www.myguide.gov.uk for more info

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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 by November 20th 2009.

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



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