



Newsletter  
May/ June 2010  
Issue no. 69

 **Norfolk** County Council  
@ your service

**Hi and welcome to the latest edition of the NDIS Newsletter, focusing in particular on Carers as it is Carers week from 14th – 20th June with a full programme of events around the County.**

**Also could we ask for your help in ensuring we have your correct contact details, if not would you please complete the enclosed form and return to us at the address on the back of this newsletter.**

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## **Health and Well Being**

### **Better Services For Disabled Young People**

A working group is examining the services provided for disabled young people and how they could be improved. It has been set up by the Partnership Team at the Pension, Disability and Carers Service (PDCS) with a particular focus on job prospects. Members of the group have already involved many organisations. These include the Department for Children, Schools and Families; Department of Health; DWP; Jobcentre Plus; and the Office for Disability Issues.

Several areas across PDCS have also been consulted. The work has concentrated only on England at this stage. The next step is to share its findings and recommendations within PDCS before wider discussions take place. For further information, contact [anne.mcnee@dwp.gsi.gov.uk](mailto:anne.mcnee@dwp.gsi.gov.uk)

## **Equipment For Disabled People**

### **Remap Central Norfolk**

REMAP is a National Charity staffed by volunteers that exists to design and modify items for disabled people where the need cannot be met by standard commercially available equipment. By definition the products will be "one-offs", designed for the person and the specific disability involved. No charges are made, but donations to fund the service are always welcome. The panel of volunteers consists of professionally qualified people including engineers, technicians, occupational therapists, physiotherapists and craftspeople.

Whilst this panel covers Central Norfolk, there are others in East and in West Norfolk. Volunteer engineers give their time as and when needed, and visits can be made to people in their own homes.

The Central Norfolk Panel of REMAP is available to provide help; there is no need for a referral from a doctor or other health professional. The Chairman or the Secretary can be contacted by telephone or by letter at any time for information.

The Chairman is Michael Monk, 3 Wells Close, Hainford, Norfolk, NR10 3ND Telephone 01603 897821 or e-mail **mickmonk@talktalk.net**

The Secretary is Richard Abbot, 2 Skedge Way, Blofield Heath, Norwich, NR13 4RY Telephone 01603 712267 or e-mail weeloo3@uwclub.net

## **Housing**

### **The Norfolk Housing Strategy for Disabled People**

First of all let me introduce myself - my name is Julie Hinton and I am an Occupational Therapist by profession. Currently I am based at Breckland Council working on the delivery of the recommendations of the Strategy to address the Housing and Support Needs of Disabled People across Norfolk.

A copy of the Strategy can be found at:

[www.breckland.gov.uk/pd\\_strategy\\_version\\_3-2.pdf](http://www.breckland.gov.uk/pd_strategy_version_3-2.pdf)

The Strategy has been devised with the vision “enabling people with disability to have homes that meet their needs”. It is a comprehensive document that addresses various issues including:

- Improving access to specialist houses
- Improving communication across all organisations working with disabled people
- Introducing a training programme to improve understanding of housing issues and the needs of disabled people
- Influencing housing policy to encourage increased inclusion of wheelchair accessible homes.

#### **How can you help?**

To help with planning for future housing need we have to understand the level of current need across the county. I would like to compile a database of people currently in inappropriate homes and would like your help. Please can you contact me if you, or a friend or relative, is in housing need. They could be homeowners, people living in social or private rented housing, young people wishing to move

on from their family or people who are in hospital/residential placements waiting for alternative housing.

I would also like to meet and talk with people who have had a good or bad experience of housing. I am not able to take on individual cases but this will help to plan for the future. Please contact me.

### **Date for your diary**

Conference looking at housing issues related to disabled people to be held on 24<sup>th</sup> June 2010 at UEA Sportspark, Norwich. If you are interested please contact me and I will add you to my mailing list and send you more information nearer the date.

Julie Hinton, Housing Access Improvement and Development Officer, Strategic Housing, Breckland Council, Elizabeth House, Walpole Loke, Dereham, NR19 1EE

julie.hinton@breckland.gov.uk (01362 656844) or  
julie.hinton@norfolk.gov.uk (01603 894652 on Thursdays)



## ***Disabled parents start Access All Schools project***

Access All Schools is a new project run by Norfolk Disabled Parents Alliance. It will look at how disabled parents can help schools improve ways of working with all parents.

An Access All Schools survey asks disabled parents with children at any Norfolk school, from early years to college or special school, to give their views. The survey asks if parents find it's easy or hard to encourage their children's learning and to support them in school.

Parents can find it's just hard to be involved as much as they'd like, or that their child's school offers services in ways that are hard for parents with impairments or health conditions to use.

Parent's views and good ideas on what works with their child's school will be put in a report for parents, schools and the Government. This aims to help schools plan their work with all parents, and make sure disabled parents and their children have equal opportunities in the future.

Views are also welcome from family members, or if you volunteer, work or have any other disability interest in Norfolk schools.

The Access All Schools survey runs from February to the end of April 2010. There will also be local meetings for disabled parents to share their views in person.

Access All Schools is funded by the National Lottery through Awards for All.

Norfolk Disabled Parents Alliance is run by and for disabled parents to improve choice, support and equality for all disabled parents.

For more information about Access All Schools, please visit [www.norfolkparents.org.uk](http://www.norfolkparents.org.uk), email [info@norfolkparents.org.uk](mailto:info@norfolkparents.org.uk) or phone (01553) 768193



**LOTTERY FUNDED Our Parents Survey has now been extended to the 14<sup>th</sup> May**

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## **New Website**

### **Transforming Short Break Services for Parents and Children/Young People with a Disability**

A new website has been launched in Norfolk giving families of disabled children and young people detailed information about short breaks available to them across the county. The website, [www.time-for-me.org.uk](http://www.time-for-me.org.uk), has been developed with parents and families to make sure the right information is presented in an easy-to-use way.

The new website allows families to search for short break services to suit their needs. It is part of a project to transform short break services in Norfolk, delivered by a

partnership including Norfolk County Council, the NHS and voluntary sector organisations. It is funded by the Government's transformation programme - Aiming High for Disabled Children (AHDC).

Short break services give disabled children and young people an opportunity to meet new people and enjoy different experiences. Short breaks come in all shapes and sizes and give disabled children and their families a break from their caring responsibilities. A short break can be anything from a few hours to a full weekend and can take place in or away from the home.

For more information about short break services for disabled children in Norfolk and to find out how to access a short break to suit your needs, visit [www.time-for-me.org.uk](http://www.time-for-me.org.uk) or call 01603 714185

The Short Breaks Pathfinder Programme would be interested to know of your experiences of the short breaks services provided, the website provides an opportunity for you to feedback your views – via a 'contact us' section.

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**'Carer's Week' Officially Launched by  
Linda Bellingham - The Forum Norwich  
Monday 14<sup>th</sup> June 2010 @ 10am  
Theme of week – 'A life of my own'**

**Programme Of Events**

**Monday 14<sup>th</sup> June – NORWICH** - The Forum,  
Millennium Plain

**Tuesday 15<sup>th</sup> June – THETFORD** - The Bell Hotel  
(Bistro Room) & **FAKENHAM** - Community Centre

**Wednesday 16<sup>th</sup> June – HOLT** - The Lawns

**Thursday 17<sup>th</sup> June – WYMONDHAM** - Abbey Hall

**Friday 18<sup>th</sup> June – NORTH WALSHAM** Community  
Centre (Jubilee Room)

**The Norfolk and Norwich Association for the  
Blind**

You are warmly invited to the following events in The  
Norwich Equipment Centre in The Bradbury Activity  
Centre, Magpie Road, Norwich:

**Wednesday June 16<sup>th</sup>**

**"A Life of My Own" 10am-4pm**

A Pamper Day for unpaid Carers. Activities are being  
held throughout the day, including massage, Yoga,  
beauty treatments, music and singing, Extend exercise,  
Care to Walk, 'a listening ear'. Refreshments will be  
provided, all activities are free Please contact Linda  
Homer - 01603 629558 for further details or if you wish  
to attend.

## **Kings Lynn**

West Norfolk Carers will be hosting a 'Life of My Own' event on Wednesday 16<sup>th</sup> June 2010 with information and therapies for carers from 10 a.m. to 2 p.m. at the Methodist Hall, County Road, Kings Lynn.

[www.westnorfolkcarers.web.officelive.com](http://www.westnorfolkcarers.web.officelive.com)

## **Great Yarmouth**

**Thursday 17<sup>th</sup> June – Market Gates Shopping Centre – Eastern Carer's Support Groups Stall offering advice, information and individual consultations if required.**

**South Norfolk please see separate page**

Six million carers in the UK dedicate their time providing unpaid care to a relative or friend who is ill, frail or disabled.

Because of the energy they give to looking after their loved ones, carers are rarely able to pursue a life of their own. Carers give so much to society: it is essential they do not sacrifice their own lives as a result.

Carers Week will be calling for greater support for carers to allow them to maintain a life of their own. We will be highlighting the incredible stories of carers; those who can describe how they have managed to create a life of their own, and those who feel they are unable to.

The theme A life of my own will enable carers to talk about many parts of life that most of us take for granted e.g. family occasions, going on holiday, a meal out, even just chilling out for an evening with no worries or responsibilities.

In Norfolk, several partnership agencies under the umbrella of Carers Agency Partnership (CAP) are organising a series of Information Fairs across the county, starting at The Forum in Norwich on Monday.

The aim of each Information Fair is to Inform Carers about the financial support available to them and other information to help them with caring. To make them aware of the respite breaks they can access, and the activities they can then take part in to give them back “a life of their own”.

Source Norfolk Carers Helpline



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

**Tuesday 18th May**  
**1pm-3pm**

### 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



## West Norfolk Carers

3 Thoresby College, King's Lynn PE30 1HX

Telephone: 01553 768155

Fax: 01553 768155

E-mail: [wncarers@btconnect.com](mailto:wncarers@btconnect.com)



Website: [www.westnorfolkcarers.web.officelive.com](http://www.westnorfolkcarers.web.officelive.com)

Charity No. 1107546

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### West Norfolk Carers Groups and Activities

King's Lynn Carers Retreat welcomes all carers every Wednesday 10 – 12 at the Deaf Centre, Railway Road. Pop in for a tea/coffee and a chat. Information available. We also have healing available weekly and reflexology, hand massage and gentle exercise monthly.

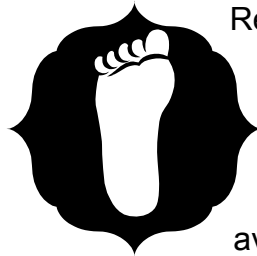
Swaffham Wellbeing welcomes you every Thursday at the Community Centre Campinglands. We meet in the café from 11 onwards for coffee then move into the small hall from 11.30 onwards for an activity. We all stay for lunch in the café afterwards (which is very reasonably priced) and look forward to meeting new people.

Linking Together, a service which supports family carers of substance misusers, has monthly evening groups at 6.30 to 8.30 p.m. at The Friends Meeting House, Bridge Street, Kings Lynn. The day time support group starts at the Kings Lynn Baptist Church in South Lynn and will be on the first Monday of the month. It will be held between 10am and 12 pm. If you have children you are welcome to

bring them along, a small selection of toys will be provided and refreshments. However, although we will be providing facilities for children they will still remain the responsibility of the parent/carer. Phone Rebecca for details on 01553 768155

Hunstanton Carers welcome you to join us monthly at the United Services Social Club in the conservatory monthly on Fridays at 10 a.m. for coffee, 11 a.m. for gentle exercise and stay on for home cooked lunch which is at a good price.

Young at Heart Carers meet for lunch monthly at the Ffolkes Arms Hillington, if you want to meet other carers and have some fun and friendly conversation over a lovely lunch then come and join us, monthly on Fridays 12.30.



a Friday.

Reflexology sessions will be available every month at the Carers Retreat, Wednesdays 10 to 12 p.m. at the Deaf Centre, Railway Road, Kings Lynn. Please telephone 01553 768155 to book a place. Reiki sessions are also available monthly at Thoresby College on

Please telephone 01553 768155 to book a place. These sessions are both free to carers, however if you miss your appointment without informing us you may be charged.



Registered Charity No: 1055637

**Pulham Surgery Support Group  
Norwich & District Carers Forum  
Would like to invite you to a Special Tea Party  
to celebrate Carers Week 2010**

*On Tuesday 15<sup>th</sup> June 2010 from 2pm to 4pm*

*At The Pulham Market Memorial Hall*

**A Blast From Your Past!      What about “the 5 ways  
to Well Being?”**

**with music by “Just Jive”** Come and find out more from  
our speaker

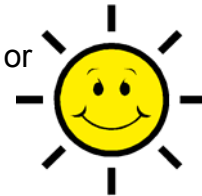
*“You name it we play it!” Dr. Maureen Tilford MB, ChB.*

**Crafts & Produce! Quiz!      Raffle prizes!**

**Musical Requests!**



Contact Lorna Pyke on 01379 677796 or  
[info@pulhamsurgerysupportgroup.com](mailto:info@pulhamsurgerysupportgroup.com).



Learning Grants of up to £200 for Norfolk Carers aged 18 and over!

If you are a Carer living in Norfolk, aged over 18 and have been providing unpaid help and support for a year or more, to a relative, friend, partner or child who cannot manage because of disability, illness or frailty you may be able to obtain a grant of up to £200 in one year, to fund or part fund Learning Course Fees.

Courses can be: distance learning, provided at a local college, adult education centre or other centre. They can be for just a half-day or day, several sessions, a term or year.

Learning Course fees could include:

- Leisure courses e.g., creative writing, music lessons
- Sports & fitness e.g., swimming lessons, fitness classes
- Employment-related courses e.g., computer skills
- Complementary therapies courses e.g., Aromatherapy, Massage classes
- Academic courses e.g., GCSE's, A Levels,
- Training to help you continue in your caring role e.g., lifting and handling
- Condition specific training e.g., Dealing with challenging behaviour

Adult Education Courses - If you would like to apply for a Carers Learning Grant, please contact: Jasmine Toombs,



Carers Learning Grant Co-ordinator, Age Concern Norfolk  
County Office, 300 St Faiths Road, Old Catton, Norwich,  
NR6 7BJ, Tel: 01603 787111, Email:  
[acn@acnorfolk.org.uk](mailto:acn@acnorfolk.org.uk) for an application form.

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## **Carer's Allowance - Changes for carers**

A new Carer's Credit and changes to the way Carer's Allowance is claimed are introduced in April.

Those caring for disabled people for 20 hours or more a week will be able to get Carer's Credit if:

- the person(s) they are looking after receives the middle or highest care component of Disability Living Allowance, or any rate of Attendance Allowance or Constant Attendance Allowance
  
- ■ the person, or persons, have been certified by a health or social care professional as needing the level of care being provided.

People will need to apply for this new weekly credit, unless they are receiving Income Support (IS) because they are substantially engaged in caring. In this case, Jobcentre Plus will notify the award of the credits.

Carer's Credit comes into effect on 6 April 2010 and applications cannot be made until then.

It will also be given automatically, without the need for an application, to customers with entitlement to Carer's Allowance (CA) for certain weeks when they cannot receive CA credits. This also takes effect from 6 April. Carer's Credit is a new National Insurance credit and is not to be confused with a benefit payment. It means

thousands more carers will be able to build up their basic State Pension and State Second Pension. Bereavement Benefits for spouses and civil partners will also be protected.

### **Frequently asked questions**

I am not in receipt of IS. How do I make an application?  
Applications for Carer's Credit will need to be made on form CC1 which will be contained in the Carer's Credit application pack.

This pack, along with the CC1, is not available until 6 April 2010. From that date it can be obtained through the Carer's Allowance Unit or the Benefit Enquiry Line or can be downloaded from the Directgov website.

I have caring responsibilities for 19 hours a week. Can I get Carer's Credit?

No, you must be caring for a total of 20 hours a week.

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## **Work Focused Support For Carers**

Work Focused Support for Carers provides help and advice for you to make a successful move into work. Even if you don't feel ready to work now but might like to in the future, you can still take advantage of Work

Focused Support for Carers. It is a voluntary service which you can choose to take part in at any time. You can also stop taking part at any time.

You will receive help and support from a Jobcentre Plus personal adviser. This might include:

- help preparing for work
- help to find suitable training
- support in looking for and applying for a job

## **Replacement care**

You will also receive advice on finding replacement care while you attend appointments with the personal adviser, take part in a training course or attend job interviews. You do not need to be participating in Work Focused Support for Carers to access funding for replacement care.

### **Who is eligible**

Work Focused Support for Carers is available to carers who:

- do not work or work less than 16 hours a week
- are aged 18 or over
- are not able to get help from any of the other

Jobcentre Plus employment support programmes such as New Deal or Pathways to Work

How work might affect your benefits - Your personal adviser will be able to tell you about how your benefits might be affected if you start work. They will also help you apply for any benefits or tax credits you might become eligible for when you start working.

More about Work Focused Support for Carers. To find out more about Work Focused Support for Carers, contact your local Jobcentre Plus office.

**CARERS RIGHTS PENSIONS GUIDE** – new edition Dec 2009, Carers 2009 <http://tinurl.com/ydj3fc> (link at the bottom right hand corner of the screen). Carers UK publish a range of other guides including Carers and their rights. Tel 0808 808 7777 for further information.

## The Ring

THE RiNG is a social and support group for Norfolk people who live with Rheumatoid Arthritis. We also welcome their carers/partners and associated health professionals. We are about information, education, empowerment, making new friends and having fun.

We meet monthly, usually at Hethersett Village Hall, Back Lane, Hethersett where we have a guest speaker and Q&A session – often about elements of RA but sometimes other topics too – plus tea and home-made cake. Details of our forthcoming meetings are below and we charge £3 per session – plus £6 a year if you decide to become a member.

If you are recently diagnosed, or have had RA or any inflammatory form of arthritis for some time do come along and see whether THE RiNG is for you. People tell us they enjoy learning more about RA and how they can work with their medical team to achieve the best health outcomes. It's good to meet others who understand what it's all about and we often pick up tips and information from each other. And we all need moral support from time to time.

What have you got to lose? We would love to meet you and you would be extremely welcome. There's lots more information on our website [www.thering.org.uk](http://www.thering.org.uk) and see the programmed below. You can email me through the website or ring me on 0800 055 3637 and if you would like to join us on the boat trip on Saturday June 19<sup>th</sup> please contact me asap for further information and cost to book your place. We look forward to meeting you.

|                           |   |   |                            |                  |
|---------------------------|---|---|----------------------------|------------------|
| Wed<br>05<br>May<br>2010  | Bingo and<br>Social<br>afternoon  | Hethersett's finest<br>Bingo caller Carol<br>Keable calling the<br>shots  | Hethersett Village<br>Hall | 2-4pm            |
| Sat 19<br>June<br>2010    | Trip on the<br>Norfolk Broads   | Boat Trip on<br>Mississippi River<br>Boat and tea at<br>Staithe 'n Willow | Hethersett Village<br>Hall | 11am -<br>5.30pm |
| Wed<br>07<br>July<br>2010 | RA treatment in<br>2010   | Consultant<br>Rheumatologist<br>Karl Gaffney -<br>N&N Hospital            | Hethersett Village<br>Hall | 2-4pm            |
| Wed<br>04<br>Aug<br>2010  | Clay Modelling  | Anne Funnell  | Hethersett Village<br>Hall | 2-4pm            |
| Wed<br>08<br>Sep<br>2010  | Myths about<br>Rheumatoid<br>Arthritis - and<br>your RA<br>questions,<br>followed by<br>THE RiNG<br>AGM | Consultant<br>Rheumatologist<br>Dr Chetan<br>Mukhtyar – N&N<br>Hospital   | Hethersett Village<br>Hall | 2-5pm            |
| Wed<br>06 Oct<br>2010     | Health & Social<br>Care in Norfolk<br>– how we can<br>help  | Maggie Green<br>Communications<br>Officer Norfolk<br>LINK                 | Hethersett Village<br>Hall | 2-4pm            |
| Wed<br>05<br>Nov<br>2010  | To be<br>confirmed  |   | Hethersett Village<br>Hall | 2-4pm            |

**Elaine Bounds - THE RiNG secretary**  
[www.thering.org.uk](http://www.thering.org.uk)



## **Exercise with Sally**

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Wake up to Spring!

How are you feeling? A bit down after the long cold winter? Maybe you are feeling a bit “sluggish” and not particularly motivated to do anything? Maybe you feel your “get up and go” has “got up and gone!”

The problem is that once you give in to those feelings it can be difficult to change them. Did you know that doctors are suggesting exercise as a way to “feel better” rather than prescribing medication?

Exercise is the natural “feel good” tonic. Increasing physical activity of any kind will benefit you. The spring clean is a good way to become more active again and of course a good clean and tidy up always makes you feel better.

Being with other people is a great way to lift your spirits. It can be very isolating at home particularly if the weather has also kept you indoors. It’s surprising how a laugh and something shared can help to make you feel human again! So now that Spring is here it’s a good opportunity to come and try an exercise class with a friendly bunch of people where you can encourage your body to move and stretch and wake up.

This is what Kirsty says about the class at the Vauxhall Centre:

"Sally is an excellent, friendly teacher and her sessions are good and varied to suit us all.

I thoroughly enjoy all the different exercises and each exercise is adjusted for each individual circumstances / abilities.

There is a great atmosphere amongst the group who are all lovely people which makes the session even more enjoyable.

Being refined to a wheelchair, my exercise opportunities are limited and therefore these classes are really beneficial and I feel after the session that I have done some worthwhile exercise."

If you would like to find out more regarding the exercise classes with Sally you can call her on 01603 432487 or email [info@exercisewithsally.co.uk](mailto:info@exercisewithsally.co.uk)

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## Holidays

[www.ineedaholidaytoo.com](http://www.ineedaholidaytoo.com)

This looks like a good website for anyone who would like to go to France. They also provide respite breaks for people on Person Budgets or Direct Payments. If you are a member of Mobilise you can get 20% off their fully accessible apartments. I have also found out that Mobilise give members 10% off holidays and short breaks at Park House Hotel. Contact details for Mobilise are as follows:- Mobilise Organisation, National Headquarters, Ashwellthorpe, NORWICH, NR16 1EX. Telephone: 01508 489449. Fax: 01508 488173 E-Mail: [enquiries@mobilise.info](mailto:enquiries@mobilise.info)

## Sport

**a small friendly club**

# **NORWICH & DISTRICT DISABLED PERSONS SWIMMING CLUB**



## **MEETS**

**SUNDAY, 12 noon to 1.00 p.m.  
RIVERSIDE CENTRE, WHERRY ROAD, NORWICH**

**For further information,  
please telephone either (01603) 426339  
or (01603) 405686  
or e-mail [nddpssc@googlemail.com](mailto:nddpssc@googlemail.com)**



## **General Interest**

### **Coast to Coast Challenge - A journey across England**

My name is Martin and I'm 43 years old. I have a rare condition called Klippel-Feil Syndrome. It creates a fusion in the cervical spine. Depending on the area of fusion, there can be related congenital conditions.

In my case, I was born with a cleft palate, hearing loss, underbite, short neck with webbing (trapezius muscles are extended from the mastoid areas to the shoulders), painless restriction of cervical movement, scoliosis, and kyphosis and a rare aplastic anaemia.

In June 2009 year, I undertook a Coast to Coast challenge using a motorised 'Boma' (an off-road wheelchair) and flanked by a support team of cyclists, I travelled an incredible 118 miles along Hadrian's Wall over seven days from Bowness on Solway to South Shields. I spent up to four hours in the 'saddle' each day, covering around 20 miles, and sleeping in a caravan (attached to a ventilator) overnight.

The weather was sunny on the whole and he and his nine-strong support team thoroughly enjoyed the challenge. A crew filmed me during the journey, adding to the footage they had of him over the previous 12 months. A documentary, 'Being Martin', is to be screened in the near future.

There were some access issues though. On parts of the cycle pathways there were some chicanes and kissing gates were slightly narrow and I had to be bumped around. There was bit along the Tyne where the 'Boma' had to be lifted a couple of times over some low bars. On

one section there was some sort of anti-cyclist campaign going on as someone had thrown down a load of carpet tack across the track to cause punctures. The 'Boma' was lifted over this area.

It was an amazing week, something that I'd never thought I do. We all had barrels of banter, laughs and humour. The whole team mucked in and gelled. Someone commented that it was rare for a whole team to work so well together and get on and that was an important factor to get me from one side of England to the other."

I have raised approximately £4,000 for the Lane Fox Respiratory Unit Patients' Association at St Thomas' Hospital. You can read the full report by visiting my website [www.martinsymons.com](http://www.martinsymons.com) If you would like to sponsor me, please visit my fundraising page at

[www.justgiving.com/coasttocoast2009](http://www.justgiving.com/coasttocoast2009)

For more information on the Boma go to [www.moltenrock.co.uk](http://www.moltenrock.co.uk)

### **Martin's Boma Appeal**

For this amazing journey Martin used a 'Boma' (pronounce Bomber) – a fantastic off-road motorized wheelchair. 9 cyclists and a film crew accompanied him. The 'Boma' was

developed for people with disabilities by people who have disabilities and it allowed Martin to participate in an adventure at the pace of an abled bodied cyclist – in fact on the hills Martin left most of the cyclist wallowing in his dust!!



Against all the odds Martin is now 43 and his disabilities are well documented on his website. He has spent a great deal of the last 20 years working tirelessly for charity. He

supported an organisation called 'Special Sports' which introduced people with special needs to outdoor adventurous activities. He started his own charity 'High Hopes' to extend the outdoor experience of folk with special needs by raising money for trips such as the Everest Trail in the Himalaya, walking in the Picos de Europa and canoeing on the Miño River in Spain.

Unfortunately, due to his almost complete respiratory collapse about 10 years ago, he was no longer able to run the charity. His legacy continues however, in an outdoor company 'Spirit of Adventure' who now run a series of adventure weeks for people with special needs and still call them High Hope Holidays. The use of the Boma by Martin on the Coast to Coast was such a huge success that it became clear that if Martin had the use of a Boma on a more permanent basis it would revolutionise his life. It would greatly enhance his quality of life enabling him so much more freedom of travel and giving him more independence. It would also enable him to continue to raise many thousands for charity by organising and participating in adventurous challenges.

Please help us raise some funds to enable Martin to purchase a Boma.



**This summer the Norfolk Coalition of Disabled People will be celebrating and exploring the experiences and aspirations of disabled people with Disability Pride.**

Disability Pride will see a whole day of activities, performances and celebrations at The Forum in Norwich, Norfolk on 5th June 2010.

Disability Pride is about celebrating disabled people's identity and community. It is about showcasing talent, achievements and successes in arts, culture and music.

The day's performances will include:

- **International Musician** Johnny Crescendo
- **Poetry** from renowned artists including Peter Street and the SHAPE UK Poetry
- **Exhibition**
- **Visual artists** such as Tanya Raabe
- **Singing** from Norfolk's renowned Sing Your Heart Out group and Molly Barrett
- **Performance artists** including Caroline Parker and D 4 Dance
- **Sporting** events from a number of local teams.
- **Disability Pride** is for anyone and everyone who considers themselves to be a disabled person; be it through mental health, physical and sensory

impairments, learning disability or any other kind of long term condition.

As a prelude to the main Disability Pride event, on Saturday 5th June, a Benefit evening of entertainment will be held at the Norwich Arts Centre on Friday 4th June.

The event will be headlined by international musician Johnny Crescendo and include a wide range of local bands and performers.

For more information regarding Disability Pride and the Benefit Gig, please visit [www.ncodp.org.uk/disabilitypride](http://www.ncodp.org.uk/disabilitypride) or contact Ann Young e. [ann.young@ncodp.org.uk](mailto:ann.young@ncodp.org.uk) T. 01508 491218

The Norfolk Coalition of Disabled People (NCODP) is a human-rights group controlled by disabled people and their organisations. They organise and take part in campaigns and run services that promote social equality and dignity for all disabled people.

The NCODP regards having an impairment as a normal part of being human. Disability results from people with impairments being excluded by physical and social barriers and negative attitudes. Their main task is to challenge the many forms of discrimination created by these barriers and attitudes.

The NCODP believes that disabled people must take the leading role in decisions that affect their lives both locally and as part of the national and international disability movements in which the NCODP plays an active part. There must be "Nothing about us without us."

**Norfolk Coalition of Disabled People**

15 Manor Farm Barns, Fox Road, Framingham Pigot,  
Norwich, Norfolk, NR14 7PZ. Tel. 01508 491210 Web:  
[www.ncodp.org.uk](http://www.ncodp.org.uk). Email: [ctadmin@ncodp.org.uk](mailto:ctadmin@ncodp.org.uk)

**The Norfolk and Norwich Association for the Blind** - You are warmly invited to the following events in The Norwich Equipment Centre in The Bradbury Activity Centre, Magpie Road, Norwich:

**Friday, June 4<sup>th</sup> –Solutions for Independent Living** -10am-3pm with exhibitions of equipment from Cobolt, Collins Care, Lakeland and Assistive Technology plus talks by Maxine Turkington a visually impaired cook / cookbook author and workshop sessions with Sue Warnes Rehabilitation Worker with The Sensory Support Unit. Please contact Dorothy Bowen - 01603 629558 for further details or if you wish to attend.

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**Quiet Day for Christians with Acquired Brain Injury – 10<sup>th</sup> July 2010 between 10:30 and 4pm @ the Great Hospital, Norwich – admission free**

Organised by Rev. Kate Belcher, Assistant Curate, St Mary Magdalene Church. There will be short, quiet services, including Communion; the opportunity to take part in craft activities; quiet spaces to sit and enjoy the gardens at the great Hospital; the opportunity to talk to both the Rev Kate Belcher and Rev Judith Wilson (Chaplain of the Great Hospital and Vicar of St. Helen's Church). Carers welcome. Please contact Kate on 07708 650897 or email [revkatebelcher@yahoo.co.uk](mailto:revkatebelcher@yahoo.co.uk) to ensure your space

# Norwich Door to Door

A Charity and Voluntary Organisation  
Working in our community

Presents on 12<sup>th</sup> June 2010

At the St Andrews Centre, Brenda Jones Close

Thorpe St Andrew, Norwich

There will be set presentations during the day and the  
opportunity later to discuss issues of interest

Demonstrations include:

Gentle Exercise Techniques, Massage Therapies, Make-  
up Techniques & Hairdressing, Meditation Techniques,  
Nutrition, The Essentials of Good Foot Care, Volunteer  
Opportunities, Learning Opportunities plus much  
more...including a visit from Norwich Community Choir

Teas –Coffee- Cake- Sandwiches etc.

Entry from 11 A.M.—£3.00

[www.norwichdoortodoor.org.uk](http://www.norwichdoortodoor.org.uk) 01603 776735

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## Harling Social Support Group – Auction

We are holding an auction on Saturday 10th of July at the Rudd Room, Harling Sports and Social Club. 10am to 1.30pm An Auction with a difference, we have new items and also many items which money cannot buy for example, we have obtained a Tour for Two at BBC East TV studios and a chance to be live on air with Stephen Bumpfreys afternoon show. Also Afternoon Tea for Two at Wykent Hall courtesy of Sir Kenneth Carlyle and a new signed copy of Gary Rhodes cookery book. Bid forms will be available in the shops around the village.

For further information or to place advanced bids please contact Annette Crompton on 01953 717697 or Ann Partridge on 07770 951267 (Saturday only).

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## For Sale

### National Mobility Bath Lift

Four years old complete with rechargeable battery unit and wall fitting. Regularly serviced therefore in excellent condition, buyer must collect £100. Contact Mr. Butcher on 01603 434548.

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

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



communication for all

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