

Peterborough Disability Forum

NewsLink April 2017

Most heart-warming story to come out of the Disability and Community Awareness Month



Meet local artist Emily Jinks who is pictured with Alvaro Palmieri. Emily is one of a number of art students who work with local tutor Ruth Williams and have been involved in the recent Disability and Community Awareness Month at Serpentine Green shopping centre.

Alvaro picks up the story "during a shopping dash to Tesco's, I made one of the happiest purchases of my life, an abstract painting. It was painted by artist Emily Jinks, with whom I proudly pose for this picture. She is part of a workshop for people with disabilities in Peterborough led by artist Ruth Williams.

The moment I saw the painting I knew I had something special in front of me, I had to have it, and it is now hanging in my lounge.

The painting is entitled "Pineapple Fruit Trees" and it's beautiful"

Have you booked for the Disability and Community Awareness event for 2018?



Only just finished the first ever event of its kind in the city and Serpentine Green manager David Wait is already eager to get planning for 2018! Sally Booth, who co-organised the event said "David and his colleagues have been brilliant, nothing has been too

much trouble. We have had almost 150 exhibitions and stands over the course of the month, we know from data collected and feedback from participants there have been hundreds of new referrals and people offering to volunteer for some of the organisations involved! Lots of groups have met for the first time and now planning to either co-produce new projects or share facilities and resources. It's been a really rewarding month for all involved."

Hurrah for Hydrotherapy in the city!



Councillor John Holdich, Leader of Peterborough City Council revealed the news that thousands of hydrotherapy users have been waiting for. "We are delighted to confirm that there will be a brand new community hydrotherapy pool in Peterborough that we aim to have open by

September 2019. The current pool is well loved and used by a growing number of residents but is rapidly reaching the end of its life.

"We will be working closely with the pool's steering and user groups to design a modern facility for the wider community. This is part of a plan to relocate Heltwate Special School to a new site in the city with extra pupil places and modern facilities, which will include the new pool. "We are currently in discussions with the landowner of our preferred site and we hope to be able to announce further details in the near future."

Adrian Chapman, Peterborough City Council's Service Director for Adult Services and Communities said "I am delighted to confirm that the council will be providing a brand new community hydrotherapy pool in Peterborough by mid-2019! We will be working closely with both the steering group and the user group to co-design the new facility so watch this space for news about how to get involved.

Well done Cllr Holdich, Karen Oldale and other members of the Steering Group and Pool User Group for keeping Hydrotherapy in Peterborough.

Step out Saturday 2017

This is Hannah Longlands from the Stroke Association giving Disability Forum Manager Bryan Tyler a test for high blood pressure!!! (I'm sure this wasn't how the last one went!!!) On June 17th the Stroke Association will be holding an event at Ferry Meadows Start time: 11am. Join the thousands of people across the UK who are walking to make a difference for everyone affected by stroke.



You can walk at your own pace and in your own time. Whether you walk a few steps or a full mile, you're doing something wonderful to help conquer stroke.

To find out more about Step out Saturday and supporting the Stoke Association: <https://www.stroke.org.uk/events/sporting-fundraising/step-out-peterborough-2017>

The Accessible Peterborough Challenge

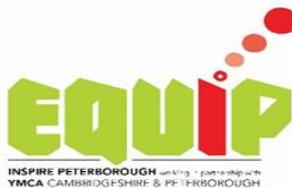


How accessible is your favourite city centre shop, bar, restaurant or leisure attraction? The Peterborough Disability Forum is teaming up with Mayor Elect, Cllr John Fox to look at ways of improving access to retailers in the city centre and we need your help! Which city centre shops do you or your friends or family members find difficult to access? The Disability Forum will contact retailers and offer recommendations to improve the facilities and services they offer disabled people. Email: bryan@inspirepeterborough.com

Walks on Wednesdays resume



Spring is definitely here! And that means a new 10 week tranche of sessions for the Inspire Peterborough Walks on Wednesday group. Now entering its 4th year the group has gone from strength to strength. If you want to make new friends and get a little healthier, the Walks are for you. Go as far as you can manage, we have volunteers that support those that need a little help and then meet the rest of the group for complimentary coffee and cake afterwards. The Walks resume Wednesday 5th April, meet at the Visitors Café at 10.15 am and ask for Linda



Level 1 Course - Award in Fitness and Physical Activity

The course will provide an introduction to the health and fitness industry and applied basic exercise and fitness knowledge. The type of job this could lead to is an Assistant Fitness Instructor and is for learners taking their first step towards a full Level 2 qualification.

Are you? 14 to 25 years, and living with a physical impairment, learning disability, mental health condition or special educational need, long term health condition, not in employment or education and those at risk of being, overweight or a have a barrier to being more active.

It's FREE! For further information call Julie or Craig at the YMCA Gym on 01733 373189, or you can email gym.cresset@theymca.org.uk

Disability Forum co-chair gets hammered and chiselled!!

Barry Plumb, co-chair of the Disability Forum gets immortalised!



Barry, along with other prominent community activists has been working with Reva Sharma from BBC Radio 5 Live on a cross programme project celebrating the concept of 'My Britain'. Barry explains "We have created a mural which represents all the different facets that make Britain - with a focus on Peterborough,

and through the process of creating this mural, real people have had the opportunity to contribute to the design and sharing their insights on what they hope a future Britain will be. My part of the initiative and mural was to tell the world how important accessible and inclusive sport is to disabled people, whatever the race, religion, colour or faith!"

Mural artists worked with 15 local people representing the diverse community in Peterborough The mural was unveiled on Tuesday 22nd March at Serpentine Green shopping centre

Jason Ablewhite, Police and Crime Commissioner gives a big thumbs up to Serpentine Green event!



Jason said" I popped into Serpentine Green shopping centre recently. Some of my colleagues from the Police and Safer Peterborough Partnership were taking part in the Disability and Community Awareness event which had been running through the month of March. I spent the morning with co-organiser Bryan Tyler and David Wait and Steve Coulson from the centre. It was an amazing event, more than 150 exhibitors from

across the community, lots of new referrals, people finding out information about a whole array of services and activities going on in Peterborough. A real community event. Well done to everyone involved."



Phantoms recruiting new players at Serpentine Green

The British Champions were out in force during the Disability and Community Awareness month. The team were looking for new talent to train and ultimately join the team.

Newest recruit Stuart Perridge said. It's not a game for the soft hearted but its brilliant fun and everybody can give it a go!"

Breaking up is hard to do!

Back in April 2015 in the Inspire Peterborough broom cupboard, Gail



Howard had an idea for a new project; to help 30 skaters aged 5 to 13 play and learn to ice skate. Gail approached Comic Relief and secured some money to get the project off the ground every other week for 10 months in June 2015.

Well one year and 10 months later, with the help from some incredible

volunteers and coaches we have 643 members and have been offering two hours a week for the last year.

With Irwin Mitchell we have co-sponsored the Phantoms Sledge Hockey Team. We have opened BBC's Sport Relief 2016 in the East of England. We have welcomed the stand-up and sit-down Phantoms, a cyclist and static bike, Mugly the ugliest dog in the world in his pushchair, Paralympian and Invictus Games sportsman, Father Christmas, Councillors, Mayor, MP and BBC Look East onto the ice. One local and two national magazine articles, shortlisted for local Business and Living Sport Awards. Run one in-house completion and skaters have attended three world championships. Hundreds of grade badges have been awarded. The list goes on

But sadly all good things have to come to an end, or need to be paused to reflect on how we run the project going forward. Please join us on Friday 24th March, usual time 4.15 to 6.15, for a fun sledge match run by the Peterborough Phantoms Sledge Hockey Team. This event is free to enter and watch. Our last skating session will be on Friday 31 March. Watch this space for project updates!

Furthermore to mark the end of an era we would also like to wish our Business Support and Marketing Office Gail Howard all the very best in her new job starting on 18 April.

Gail has been with Inspire for two and half years and helped shape Inspire into the project it is today! Gail's last working days will be at the World Inclusive Skating Championships in Glasgow from 11 to 13th April, where 5 skaters will be representing Peterborough.

And finally.....Some useful numbers

Age UK 01733 564185

Benefits (housing and council tax) 01733 452241

Care and Repair 01733 863895

CareZone 01733 575083

Carers Trust Peterborough 01733 645234

City Care Clinic 01733 293800

Child Benefit 0845 302 1444

Department of Work and Pensions (new claims) 0800 055 6688

Disability Peterborough (DIAL) 01733 265551

Fire and Rescue Service 0800 917 9994

Housing Options 01733 864064

Inland Revenue – Tax Credits 0845 300 3900

Inspire Peterborough 01733 330815

Peterborough Association for the Blind 01733 344 844

Peterborough Community Assistance Scheme 0844 4994120

Peterborough Direct 01733 747474

Peterborough City Hospital 01733 678000

Peterborough Pensioners Association 01733 270528

Peterborough Police 101

Samaritans 08457 909090

Shopmobility 01733 313133

St Georges Hydrotherapy Pool 01733 453583

YMCA GYM 01733 313 085

**You can contact the Inspiring Peterborough Radio Show at PCR,
Herlington Centre. Peterborough, PE2 5PN.
radio@inspirepeterborough.com**