

# Peterborough Disability Forum

NewsLink July 2017

**It's never too late to exercise, have fun and make friends!**

**Just ask residents of the Kingfisher Court Extra Care Home!**



Pictured are a few of the participants of the weekly exercise group run by Andy Fitzgerald on behalf of Inspire Peterborough. Andy has devised a class that is part tai chi and part seated exercise so that no one feels excluded. Nikki Griffiths, Programme Manager for Inspire

Peterborough said. "This is a wonderful class, some of the regulars are into their 90s and love Andy's sessions.

We have had lots of positive feedback from the group saying how much better they feel from taking part. The sessions are funded through a grant from our friends at Serpentine Green and Centre Manager David Wait and my colleague Bryan Tyler have agreed to take part in one of the classes! Photographs will be taken".

Nikki added "this is just one of a whole series of weekly outreach exercise programmes we manage with our partners from Oak Activities for the benefit of people with disabilities, long term health conditions and older people. For more information contact: 01733 330815"

## Meet the newest members of the Inspire Peterborough Team



Kenneth Brown is a journalist, social media manager and writer. Kenny is passionate about sports and the city of Peterborough. This is reflected in his recent work for many local companies including Gravitas Magazine and now Inspire Peterborough. Kenny will be looking after the Marketing and Social Media to help further raise the profile of Inspire Peterborough through its website and exploring new social media avenues.



Eburn Bola-Shadipe joins the Inspire team with responsibility for marketing and communications. Eburn is a communications professional and has experience working for a range of charities and local authorities (Kingsgate, Comic Relief, Bite the Ballot, Cambridgeshire County Council). She studied in Wales and enjoys watching rugby. Eburn is passionate about equality and enjoys encouraging others to reach their full potential.

## **A successful Big Brew Up at Thistle Drive Community Cafe**

Well done to Lindsay McGinlay and her colleagues in Stanground who recently hosted their very first fundraiser on behalf of SSAFA and former and serving members of the Armed Forces. Guests enjoyed tea and cake accompanied by music from Steve Durham and David Hughes from PCR FM 103.2. Lindsay said "we had a brilliant day, lots of sun, music and chat and money raised for a fantastic cause". The Inspiring Peterborough Radio Show managed to catch up with guest of honour, Mayor of Peterborough Cllr John Fox, organiser Lindsay McGinlay and retired Wing Commodore Bob Carr OBE for a chat about the role organisations like SSAFA play in the lives of veterans and their families.



### **Exercise taster day for people with Parkinson's**

A taster day of exercise and therapy sessions is being hosted by Parkinson's UK. There will be workshops on singing, seated exercise, mindfulness, laughter yoga and more. The event will be held from 10am-3pm on Friday 14 July at Larkfields Resource Centre, Ely, CB7 4SB. Contact Julie Wilson (Parkinson's UK) on 0300 123 3675

### **Peterborough Low Vision Day 2017**

Low Vision Day is coming up on Friday 22 September and promises to be better than ever. All the usual commercial and charity groups will be there, but there will also be demonstrations of various outdoor sports and activities. The event will take place at the headquarters of Deafblind UK from 10.30 am to 3.30 pm on Friday 22 September. If you need any help with transport please contact the PAB office on 01733 344 844.

### **Disability Forum gets first sight of new plans for Serpentine Green**



The Disability Forum was amongst a small group of invited guests to the opening of a series of consultations hosted by Serpentine Green owners, British Land. The proposals look really exciting, and even better news, the architects and planners want to work with the Disability Forum as well as Access

Auditors to ensure the centre will be as accessible as possible for visitors with disabilities and their families.

There are some fantastic ideas for a new leisure hub Inc: skating rink, bowling alley, indoor skydiving and gym (all subject to discussion with interested "user groups") and even a Changing Places facility

## Peterborough Disability Forum goes roaming!



Disability Peterborough colleagues Pat Foeniger and Bryan Tyler have been out and about in the community talking to various groups and organisations about the services the local charity offers its clients. GP patient participation organisations, Retired Post Workers Union and the Dementia Action Alliance are some of the groups visited by Pat and Bryan recently and discussed a wide range of disability related topics including benefits, access, transport and sport and leisure opportunities. If your organisation and its members would like to know more about Disability Peterborough and its work, contact Pat: [pat-dialpeterborough@btconnect.com](mailto:pat-dialpeterborough@btconnect.com)

## PCVS moves home! And new date for Volunteer awards



PCVS has moved! The new offices are at 32-34 Cromwell Road, PE1 2EA. The phone number is still the same, 01733 342683. For those not aware of the services PCVS provide: Peterborough Council for Voluntary Service (PCVS) is a registered charity set up by local organisations in 1980 as an umbrella and network organisation to the voluntary sector in Peterborough. PCVS have re-arranged the Volunteer Awards Evening for Thursday 5<sup>th</sup> October 2017. Reception Room at the Town Hall in Bridge Street, Peterborough. For more details, contact Liz: [Liz.Telford@pcvs.co.uk](mailto:Liz.Telford@pcvs.co.uk)

## People with dementia benefit from Japanese chair gymnastics



If you thought rubbing your stomach and patting your head at the same time was a mindless game for kids, think again, as the country's care homes look to embrace a Japanese import that sees chair-based gymnastics benefit people with dementia. Specific chair-based workouts have now been guinea-pigged in British care homes and found to boost older people's cognitive, emotional and physical skills and those with dementia benefit the most, according to research by Age UK on behalf of the British Gymnastics Foundation (BGF).

One of the exercises involves using your right arm to draw a stick up and down, while their left arm is busy drawing a triangle. By doing this, they are practising 'bilaterally asymmetrical' moves; making different movements with the right and left sides of the body simultaneously.

## Carers in Touch and the Forget Me Not group



Rosie Sandall, Care Editor, for 'Yours' magazine – a national magazine for the over 50s – got in touch recently to tell everyone about a carers' support group she runs. The free Carers in Touch group and the Forget Me Not group for those who have lost a loved one, have 2,500 members across the UK. Members support one another by letter, email or in person and many people have made lasting friendships.

Rosie writes regular positive and up-beat stories about people living with long-term health issues or disability and also facing life after bereavement.

If anyone would to have a chat with Rosie or join the support groups, please email her on [rosemary.sandall@bauermedia.co.uk](mailto:rosemary.sandall@bauermedia.co.uk) or call her (Monday mornings) on 01733 468873. She will be pleased to hear from you.

## Dementia Resource Centre open day



The Alzheimer's Society's Dementia Resource Centre in York Road is opening its doors on Saturday 15th July to give free advice to anyone with questions about dementia. Staff will be on hand from 10am – 2pm to offer information, support and advice.

The team are particularly keen to welcome people affected by dementia who are unable to access our services during normal office hours. Dementia Resource Centre, 441 Lincoln Road, Millfield, Peterborough PE1 2PE

Kevin Bowyer, Alzheimer's Society Services Manager, said: *"People can come along to our Open Day to find out about the services we provide for people affected by dementia. Two thirds of people with dementia live in the community yet far too many people with the condition are left feeling isolated and lonely and unable to access vital services.*

*This Saturday opening could be a chance for people who are usually at work to access and seek information on services available to them."*

The Dementia Resource Centre is a one-stop shop for advice, information and support, ensuring people living with dementia and their carers in Peterborough are able to get the help they need in everyday life. If you would like any further information regarding the Saturday opening please call the Dementia Resource Centre on 01733 893853.



Unless you have a disability or long term health condition or you have a loved one that has, the chances are you may never have heard of or used the services of Disability Peterborough. But did you know that one in five of us have a physical, sensory, learning or mental health condition, which equates to c35000 Peterbororians, and that figure is rising. In 2017 Disability Peterborough celebrates 30 years of supporting local people with physical disabilities and sensory impairments. Until recently the charity specialised in benefits assistance, case work advice and disability information and although the focus is still on that work, Disability Peterborough also manages:

**Inspire Peterborough** which promotes sport and leisure activities, as well as Health and Well-being initiatives and support for disabled people and their families and carers. Inspire supports all disabled people to have better life outcomes through participating in sport, leisure activities and volunteering. For more details: [nikki@inspirepeterborough.com](mailto:nikki@inspirepeterborough.com)

**Peterborough Disability Forum** works with the Council, NHS, Voluntary organisations and businesses to improve the lives of disabled people in the city. Issues such as access, transport and the built environment are always key agenda items at Forum meetings. The Forum also produces a monthly newsletter called NewsLink. If you would like to receive a copy or you want to get involved in the Forum and make a difference to the lives of local disabled people Contact: [bryan@inspirepeterborough.com](mailto:bryan@inspirepeterborough.com)

**The Inspiring Peterborough Radio Show** specialises in news, views, information from the community and disability issues in particular. In two years of broadcasting IPRS has had over 200 guests, from MPs and Council Leaders to Olympians and Carers, but most importantly we have promoted the work of many of the local voluntary and charity groups who support disabled people. If you want to come on the show contact [radio@inspirepeterborough.com](mailto:radio@inspirepeterborough.com)

**Shopmobility** service provides manual/electric wheelchairs and mobility scooters to people with limited mobility, enabling them to access the city centre and shop independently. Peterborough Shopmobility is situated in the heart of the City on the 11<sup>th</sup> Floor of the Queensgate car park. Contact Chrissie on 01733 313133 or [chrissie-dialpeterborough@btconnect.com](mailto:chrissie-dialpeterborough@btconnect.com)

**Supporting Disabled Ex Forces** does what it says on the tin, SDEF helps our ex forces veterans who have a physical or mental health condition. SDEF is a partner of the Armed Forces Partnership Board. Contact [bryan@inspirepeterborough.com](mailto:bryan@inspirepeterborough.com) for more details

**Disability Peterborough, John Mansfield Centre, Western Avenue, Peterborough PE1 4HX. 01733 265551 or [dialpeterborough@btconnect.com](mailto:dialpeterborough@btconnect.com)**

## **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](mailto:radio@inspirepeterborough.com)**