

NewsLink June 2016

Show your support on Saturday 25th June Armed Forces Day 2016



Peterborough will be showing its support by holding a day of celebrations on the Cathedral Square on Saturday 25th June. Armed Forces Day is a chance to show your support for the men and women who make up our Armed Forces community: from currently serving troops to service families, veterans and cadets. There are many ways for people, communities and organisations to show their support and get involved, from attending an event to throwing a party. The festivities begin at 10am. Parades, a military dog show and a biker's parade are some of the events and there will be flypasts from a Hurricane and a Dakota at 2.30pm.

2,000 Armed Forces personnel leave the Forces each year because of a disability. Conditions range from illnesses to battlefield injuries, blast and gunshot wounds, and missing limbs. There are also approximately 10000 ex forces personnel sleeping rough on the streets of the UK each night, many with a physical disability, a mental health condition or both. Support Armed Forces Day on 25th June

The Disability Forum is represented on the Armed Forces Board and Holocaust Memorial Committee. And Inspire Peterborough is working with ex forces personnel and groups to offer sporting and health and wellbeing training opportunities and a pathway into employment.

Peterborough Disability Forum

Next meeting is 2-4pm on Thursday 30th June in the Inspire Suite at the John Mansfield Campus, Western Avenue. Dogsthorpe. PE1 4HX

How confused are you with the benefits system?



There is a wide range of benefits and financial support many disabled people may be entitled to, but for some, the system is inaccessible, frustrating, complex and confusing. From July, Sandie Burns, CEO of Disability Peterborough will be joining the Inspiring Peterborough Radio Show to answer questions about benefits and other issues, and we want to hear from you! Have you got a question for Sandie? Email your query to bryan@inspirepeterborough.com

New additions to the Inspiring Peterborough Radio Show



Local author Stuart Maloney joins the ever expanding programme in July as co presenter and researcher. Stuart joins producer Louisa Parr, regulars Zoe Ann Goss, Nikki Griffiths, Gail Howard and Disability Peterborough CEO Sandie Burns. From July Sandie will be answering listeners' questions on a wide range of disability related issues: including benefits, housing and your rights as a disabled person or carer.

Stuart was left deprived of oxygen for 26 minutes at birth and diagnosed with cerebral palsy at the age of 18 months. In 2011 Stuart wrote his memoirs (called simply: 26) a warts-and-all tale of the complexities, challenges and prejudices of living with a disability in 21st century Britain. The book can still be ordered from Amazon.co.uk (prices vary). Stuart says of joining the programme "I can't wait to get involved, I will be spending the coming weeks learning all aspects of radio broadcasting and then co presenting and standing in for Bryan when needed. This is a great opportunity, I can't believe the Inspiring Peterborough Radio Show is one of the only programmes in the UK for disabled people after all, 20% of the UKs population has a disability or long term health condition!"

Equip Course a trailblazing success

A Level 1 Award in Fitness and Physical Activity to go with the Access Champions qualification is the reward for several of the students on the Equip course and it's all thanks to the generosity of The Horner Foundation.



The USA based charity are funding the courses for young people 14+ to help build confidence, knowledge and something very to add to their CVs.

Julie Martin from the YMCA gym, who run the courses with Inspire Peterborough said "What a lovely bunch we have on this course, really enthusiastic students from City College in Peterborough, and a pleasure to teach.

So far the students have been through fitness assessments, and they now have their own fitness programmes to follow in the gym, so they can monitor their own progress. They have been learning about the bones and muscles in the body and the heart is next.

We already have 2 successful level one students from a previous course, and they have also completed our Emergency First Aid at Work course. It's a real joy to see our learners do so well"

If you would like more information about this or future courses please contact: julie.martin@theymca.org.uk

Sledge Hockey–Phantoms Home Win!



The Irwin Mitchell and Inspire Peterborough sponsored Peterborough Phantoms Sledge Hockey Team continued their success with a home win, 9-2 against Manchester Phoenix on 21st May. The season kicked off on 8th May with the Phantoms winning 7-1 against Phoenix's at a high octane game at Deeside. Man of the Match for the first home game, went to a very deserving Josh Campbell. Although sledge hockey is growing in popularity, clubs around the UK are always looking for new players and Irwin Mitchell is supporting Peterborough Phantoms to help raise awareness of the game and provide new equipment for the team.

Nicola Griffiths, Development Manager at Inspire Peterborough said: "It's great to have Irwin Mitchell on board and together we can help promote Sledge Hockey and increase participation in Peterborough and at other clubs in the UK. "We're always looking for new players so if you're interested then come down to the team's 'Bum in the Bucket' sessions and try it yourself." These sessions take place on Friday evening from 4:15 – 5:15pm at Planet Ice and are followed each week by Inclusive Ice Skating for people with disabilities, their carers and family members.

Inclusive Skaters, Calum Titmus and Emma Hall skated their programs in the first interval, and mascots Alex Thubbron, Precious Robinson demonstrated their sledging talent, while Jonathon Shaw and carer Mandy Powell demonstrated their skills learned on the Inclusive Skating sessions.

The final word goes again to the captain of the Phantoms, Matthew Coleman who said: "First home game of the season, and with such great support in the stands, all cheering us on during the match, we didn't want to disappoint by losing, so we used that as our motivation to get the win. Each team gave it everything, but it's good to get the first 2 games under our belt to try and keep our Championship crown for another season. I also just wanted to pass on my thanks to Irwin Mitchell and Inspire Peterborough for their support, they have really pushed the club to the next level, which has made it easier for us as a team to be able to go out and do our thing."

Get FREE tickets to Phantoms home games from Inspire Peterborough's Inclusive Skating session on Fridays until 3rd June from 16:15 – 18:15 at Planet Ice on Mallard Road, Bretton, Peterborough PE3 8YN.

You can find out more about Inspire Peterborough [here](#) and Irwin Mitchell's Don't Quit, Do It campaign [here](#).

Do you have time to spare and a clean driving licence?



The Disability Forum and Inspire Peterborough have been offered the use of a mini bus to get clients-who want to take part in activities and events- to venues and back. Although this particular bus has no wheelchair access, it's hoped that if the pilot is successful, other vehicles, especially those with wheelchair accessibility, will be made available. Nikki Griffiths from Inspire Peterborough said. "This is such a generous offer from a local organisation who wants nothing more than just help people get to some of our events. We recognise the bus is not fully accessible but we need to start somewhere and if we can make this work we are optimistic further vehicles, including those with wheelchair facilities, will be offered in the near future. The bus is fully insured, taxed and MOT'd, we just need volunteer drivers to help get clients to some of our activities and events. Can you help?" Contact: bryan@inspirepeterborough.com

Super Surgery for the City?



Patients at three GP practices in Peterborough are being promised better services if a new super surgery gets the go ahead. Plans have been put in to Peterborough City Council for the new facility to be built at the John Mansfield Centre in Western Avenue, Dogsthorpe.

The centre would take over services currently run at: Welland Medical Practice, Eye Road, Dogsthorpe Medical Centre, Poplar Avenue, Parnwell Medical Centre, Saltersgate, as well as Burghley Road Surgery and Church Walk Surgery. GP services are currently available at the Welland, Parnwell and Burghley Road premises.

The application from Prime Care Properties Ltd states: "The new building is to provide accommodation for three small GP practices to group together, to offer alternative facilities to their existing cramped and inefficient (not fit for purpose) accommodation. "The overall objective of the development is to provide modern and spacious premises that meet the new expectations of clinical requirements as well as an increased number of quality direct services supplied by the GPs and the CCG [Clinical Commissioning Group]." A decision on the application will be made by the council's planning committee.

Peterborough/Stamford/Hinchingbrooke to merge?

The trusts running the 3 Hospitals, Hinchingbrooke Healthcare NHS Trust and Peterborough and Stamford NHS foundation Trust (PSHFT), have published a business case that proposes that the two trusts merge. A meeting was held on 24th May at Peterborough City Hospital, updates to follow. The boards will separately decide whether or not to accept the recommendations made in the case and how to progress from there.

Thousands of heart victims killed by poor care

More than 33,000 people died needlessly in the past few years because of flaws in NHS treatment. 9 out of 10 patients do not receive the correct treatment after an attack, it has been revealed. Researchers warned that the true number of needless deaths could be twice as high and said the findings were 'unacceptable' and needed urgent attention across the NHS.

The failure to stick to international treatment guidelines contributes to a quarter of heart attack deaths in England and Wales. The researchers estimate that one patient dies needlessly every month in every hospital in England and Wales because of poor care. Someone suffers a heart attack every three minutes in the UK, with nearly 200 people of working age dying every week. Doctors often fail to give patients statins or anti-clotting drugs, which are proven to drastically reduce the risk of attack.

The report from the University of Leeds and University College London reported concluded 'We found that if all patients during the study period had received the investigations and treatments for which they were eligible... around 33,000 deaths may have been prevented. We clearly show that, across a modern healthcare system such as in the UK, there are substantial opportunities to improve outcomes through relatively simple measures.'

Change of address for Family Voice



Family Voice Peterborough, new contact details:

105 Paynels
Peterborough
PE2 5QP
01733 685510

louise@familyvoice.org

www.familyvoice.org

And finally!

Some useful numbers

Age UK 01733 564185

Benefits (housing and council tax) 01733 452241

Care and Repair 01733 863895 Handyperson 863860.

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 Police 101

Samaritans 08457 909090

Shopmobility 01733 313133

St Georges Hydrotherapy Pool 01733 453583

YMCA GYM 01733 313 085

49 Lincoln Road - Learning Disability Drop-in-Centre 01733-207299