

Peterborough Disability Forum

NewsLink January 2017

Retailers need a “kick up the “”””! Says disabled shopper



Shops across the UK are missing out on a slice of £249bn because many are inaccessible to disabled customers. The huge figure represents the spending power of disabled people in the UK. The government described retailers as "dumb" for not recognising the importance of easy access on the high street.

A new scheme will recruit industry "champions" to lead by good example and best practice.

Many wheelchair users have described their experiences as "a nightmare", especially in the run-up to Christmas.

Barry Plumb from the Disability Forum says "High Street shopping is a no go for me. It's so annoying; I have money to spend but nowhere to spend it! I now do all of my purchasing online, saves the hassle and frustration. Are our retailers really doing so well they can afford to turn down business? The High Street needs a real kick up the arse!"

Penny Mordaunt, minister for disabled people, said: "We need to let businesses know how dumb they're being and we need inspirational people to help us do that". She wants volunteers from the retail, hospitality, sport and manufacturing industries to come forward and lead by example. "We want to give consumers, and their friends and families, more information about the stores that are doing things well. People will ultimately vote with their wallets."



Councillor John Fox said recently "I just don't understand what shops and stores are thinking about half the time. In Peterborough alone we have over 30000 residents with a disability, they need to shop somewhere!

Why would any businessman or woman turn down custom, because essentially, that's what they are doing! I have said for many years, if anyone is in doubt about how to provide the best services for disabled people, talk to the Disability Forum, disabled people know what's best for disabled people"

Disability and Community Awareness Month

Fantastic opportunity to promote your work and organisation

The biggest and boldest event of its kind is taking place in Peterborough throughout March 2017 and your club, group or organisation could be



involved! The Disability Peterborough led event sees the local charity join forces with David Wait and his team from Serpentine Green to promote many of the key community and disability groups based in Peterborough.

Each week will have a different theme. Accessible and Inclusive Sport is the week one topic. Followed by Health and Well-being, week 3 is the Environment and learning and week 4 is Safer and better communities.

The event stands are totally free; if you want a stand or display, contact Sally: radio@inspirepeterborough.com or follow the link:

<http://www.eventbrite.com/org/12386664927>. There will be speakers, lunch clubs, theatre and drama, music and competitions as well as live radio broadcasting from Peterborough Community Radio and much more.

Employment Green Paper "Improving Lives"

Calling all bloggers!



The Government has recently published a Green Paper on disability, health and work called Improving Lives. It covers a range of areas, including the work capability assessment, support at jobcentres, the role of employers and changes to conditionality for people on employment support allowance.

These proposals could clearly have a huge impact on disabled people in and out of work. Over the consultation period, Scope wants to be part of a wide ranging conversation that brings in the experiences and opinions of disabled people with different points of view. If you would like to write a short piece setting out your perspective on the paper as a guest post on Scope's blog you can see an example of one of a blog [here](#). If you'd be interested in contributing contact Graham: graham.findlay@scope.org.uk. The consultation is open until 17th February

What a great year for the Inspiring Peterborough Radio Show



Over 120 guests appeared on the regions first and foremost programme for people with disabilities, their carers and family members as well as the wider community in 2016. And 2017 looks like it's going to get even busier with a long waiting list for guest spots. Producer Sally Booth says "2016 was a phenomenal year and our guests are queuing up to reappear!"

Well done Peterborough Cathedral

Taking the time to listen to people with disabilities



When Daniel Mason from Peterborough Cathedral was looking for advice on access and accessibility in the new Tea Room in Becket Chapel, his first call was to Disability Peterborough and members of the Disability Forum. Daniel has also met Jan Loveless from Access Matters UK about the wider disability issues at a building nearly 900 years old in places. Several groups from the Forum met Daniel at the Cathedral to discuss access into the tea rooms and hopefully the recommendations will be included in future reports and work carried out accordingly.

Many thanks to Louise Ravenscroft and the volunteers and staff at Family Voice Peterborough



A great night was had by all on Friday 9th December at the FVP Annual Ball at the Marriot Hotel. Over £5000 was raised for Family Voices chosen charities of 2016, PDDCS and Inspire Peterborough. Louise said "both organisations do so much for families in Peterborough who have children and young people with disabilities and additional needs. We know they will continue doing a great job.

Is this the kind of behaviour we expect from our Teachers?

As you may be aware Peterborough City Council and the Peterborough Disability Forum have led recent, successful clampdowns and awareness campaigns to help reduce the number of able bodied drivers parking in bays reserved for Blue Badge holders. Traffic enforcement officers have been checking badges and ticketing more illegal parkers and Forum members have been handing out polite notices in supermarkets and in retail parks to remind shoppers to leave the disabled bays for those that need them. Readers of NewsLink have also been sending us stories of disabled bay abuses.



One of the worst came from a tutor at a leading education establishment in Peterborough. The tutor was so frustrated with the behaviour of her Deputy Head that she took a series of pictures showing the woman continually parking in the disabled bays at the school. Not only does this arrogant woman care little about the people who need the accessible bays but what kind of example does her behaviour set for her students? The Disability Forum contacted the school several times and the transgressions have now stopped!

Round of applause for the year 8 students from Casterton School



A successful day for the students and staff of Casterton School who spent the day bag packing on Friday 16th December at Sainsbury in Bretton Centre on behalf of Inspire Peterborough and Inclusive Sport for disabled people in the city. Nikki Griffiths from Inspire said "the students were brilliant, and they helped raise lots of money to provide accessible sports activities in Peterborough. "

Supporting Disabled ex Forces Peterborough gets a base!



From January 2017 SDEF Peterborough will be hosting regular Tuesday morning drop-ins for disabled ex servicemen and women in the Members Lounge of the Town Hall. Stuart Perridge, who is an

Army and RAF veteran and Ambassador for SDEF says the group will act as a signpost for former military personnel. "We have lots of experience within our group. If there are any disabled ex forces veterans, family members or carers in the Peterborough area who need advice about housing, benefits, sporting opportunities, training, volunteering or employment, SDEF is offering support to people and steering them in the right direction" Contact SDEF: SDEFPeterborough@mail.com

Disability Forum parking notices deterring the transgressors



600 parking notices have now gone out to individuals and groups who wanted to get involved in the Disability Forums campaign to stamp out the abuse of Blue Badge bays. And already the feedback has been positive with one volunteer reporting that most shoppers at Brotherhoods Retail Park were in favour of our "If you don't have one of these" campaign. And well done Cllr John Shearman who has been busy ticketing transgressors in his ward.

Final reminder about the Holocaust Memorial Day service



The service, to remember the victims of the Holocaust and subsequent genocides, takes place at St John the Baptist Church in the Cathedral Square on the Thursday 26th January 2017. If you would like to find out more about the HMD or get involved in the 2018 service, contact: briangascoyne@hotmail.com

Isn't it time the "Experts" listened?

There are 35000 disabled people in Peterborough and 50000 residents over 50 and both figures are on the rise. It costs the NHS approximately £15k for each first admittance stroke or heart attack.



Mental ill health is the largest cause of disability in the UK, contributing up to 22.8% of the total burden, compared to 15.9% for cancer and 16.2% for cardiovascular disease. The cost of mental illness in England is thought to cost £105.2 billion pa. It's estimated that each suicide costs nearly £1m in combined medical and work loss related costs.

Are we so rich a country that we can so easily afford this? The NHS and social care are in crisis and Councils are raising local tax by up to six per cent to try to solve our elderly care problems.

Social isolation is a leading cause of mental health illness and often loneliness is caused by the inability to get out of the house. Many people



don't have access to a vehicle, buses are often inaccessible and taxis too expensive, but we do nothing to provide accessible transport for people that need it most.

How do we expect people to get physically and mentally healthier if they can't get out of the house?

But the answer to all our problems is..... ? Another report telling us how bad our collective health is! No solutions, no answers, not a clue!

3 of the region's most successful health and wellbeing initiatives are based in Peterborough, Inspire Peterborough's Inclusive Ice Skating, the YMCA Community Gym and St George's Hydrotherapy Pool. These community based organisations are not just recognised locally as leading providers of activities for people with disabilities and long term health conditions, but nationally too-And it's not difficult to understand why!

All the activities, created, organised and managed for the benefit of disabled people, family members and carers or those with long term health conditions are provided by disabled people, or someone with a genuine interest in the health and wellbeing of others.

Isn't it about time the professionals listened to the real experts and started supporting organisations who really do deliver services that improve the lives of disabled people?

Get yourself Active

Why is it important to be active?



Disability Peterborough and Inspire Peterborough are looking to engage more disabled people in physical activity through the national programme Get Yourself Active.

Get Yourself Active is a partnership project between Disability Rights UK and Inspire Peterborough funded by Sport England. We are working with disabled people, health, and social care and sports providers to find ways for people to get more active in a way that works for them. We believe, and have evidence through our existing partners, that strengthening partnerships between these sectors will ensure better access to opportunities to be physically active and therefore improve the health and wellbeing of disabled people.

We have already been working successfully with social care colleagues in Cheshire and Leicester to explore new ways of introducing regular physical activity into the lives of personal budget holders, and are in the process of doing the same in Peterborough. We know that there are lots of great opportunities for disabled people to get active in Peterborough and we are working with partner organisations to make more disabled people aware of the choices available. Please do take a look at our series of films about the Get Yourself Active project.

Why is it important to be active?

We think that being more physically active helps people to achieve the following outcomes:

- Increase in confidence
- Increase in independence
- Better physical and mental wellbeing
- More connected to the community

We also want to show that the more active we are, the less we need to rely on doctors and social workers.

You can find out more by visiting the project website www.getyourselfactive.org

If you want to take part in physical activity or sport in Peterborough then you get in touch with Inspire Peterborough at contact@inspirepeterborough.com, or call 01733 330815, or go online at www.inspirepeterborough.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 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**