

NewsLink July 2016

Peterborough Disability Forum

Disability Forum and Peterborough Council for Voluntary Service (PCVS): On a mission to reduce social isolation



The issue of social isolation is receiving increasing attention from health and social care professionals, the voluntary sector, community-based organisations and local authorities.

One reason for this is the negative impact that social isolation is known to have on individual health and wellbeing at different stages of life. As a result, social isolation brings significant costs to health and social care services. There are also links between inequality, social isolation and health: this is because many factors associated with social isolation are unequally distributed in society.

Transport, it can be argued, is one of the single biggest barriers to tackling social isolation.

Poor transport can contribute significantly to isolation. In older age driving skills and income levels decline, resulting in accessible transport being identified as a risk factor for social isolation. For those with mobility problems, a physical disability or with poor mental health use of public transport may prove problematic. Poor transport links may also restrict



access to ongoing education, training, employment and to shops and amenities.

Are you someone or do you know someone who relies on public transport? Would more accessible and affordable transport encourage you to get out of the house more?

Would more 'community' centred transport services give you confidence to take part in health and well-being activities? Inspire you to enrol in to further education or get involved in volunteering?

We want to hear from you! We want your views and opinions about how we can improve transport for older people, those with disabilities, long term medical conditions, family members, carers and the vulnerable and socially isolated.

Please contact Bryan Tyler for a Word version of the survey and return, before 1stAugust, to bryan@inspirepeterborough.com

A PDF copy of the survey is at the back of this newsletter for information.

Inspire Peterborough Chair gets recognised in the Queen's birthday honours list.



Iain Crighton (r) with David Evenett MP

Well done Iain Crighton, businessman, entrepreneur and all round good egg who was recognised in the Queen's birthday honours list recently. Not only does he run Greenwheel Cycles and Crighton's MOT test centre, but Iain devotes much of his spare time to supporting charities and community organisations in the city. President of the Cambridgeshire Chamber of Commerce since 2008, Chair of the Peterborough Sport Aid Foundation, Chair of Living Sport and Inspire Peterborough. Barry Plumb from the Peterborough Disability Forum said "Iain is a worthy recipient of the MBE, a real community champion and a fantastic ambassador for Peterborough"

Oh dear! Is it really that time of year already! It's planning time for 'Sporting Saturday 2017'

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Saturday 28th January 2017 is the date for your diary. And as always it's a big thank you to Phil Parker,

Darren Buckman and the rest of the staff at the Cresset in Bretton. This will be the 4th event and promises to be bigger than ever.

Lots of accessible sporting activities for people to have a go at, and loads of clubs, community organisations and charities networking and promoting all the good work taking place in Peterborough on behalf of disabled people, family members and carers. As always, clubs or individuals offering "taster sessions" get free entry. If you want to get involved in the region's largest sporting showcase for people with disabilities, contact: 01733 330815 or contact@inspirepeterborough.com

Shopmobility gets two new scooters

Shopmobility took delivery of 2 new foldaway mobility scooters recently thanks to the efforts of coordinator John Fox. John took part in a sponsored cycle ride alongside the Grand Union Canal from London to Birmingham. "We had a wonderful time but I have to be honest it was hard work and more than a little rainy along the way, but it was for a cause very close to my heart and the money we raised has helped purchase two new mobility scooters for Shopmobility.

Shopmobility provides wheelchairs and scooters to enable access to the shops in Peterborough city centre for people with limited mobility. For more details contact: 01733 313133

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Success can have its downsides too!



Back in 2010, Julie Martin, Fitness Manager at the YMCA in Peterborough had an idea, and over coffee, shared her idea with Bryan Tyler from the Disability Forum. Julie wanted to turn an empty building in the Cresset in to a community gym! Would members and associates of the Forum be interested in getting involved?

Fast forward 6 years and the YMCA Community Gym is without question a real Peterborough success story. 100s of satisfied clients from across the community, scores of different classes, an innovative partnership with Peterborough Prison and a visit to the Houses of Parliament to collect the 1st prize in the Accessible Britain Challenge awards! Not bad for an idea over coffee and a small grant from "Awards for All".

In 2013, Inspire Peterborough, a project of Disability Peterborough was launched to promote sport and leisure activities for disabled people, families and carers in the city and the YMCA offered Inspire the use of an office in the gym. And that's where Nikki, Gail, Sophie and Kay have been very happily based for the past 3 years. However.....! Success has its price and Inspire is moving out, and the YMCA Gym is getting bigger. As Julie Martin said "It's so sad you guys are moving, it's been a perfect relationship but as Inspire has grown, so too has the gym and we need to accommodate our new members and also all the new classes we offer."

But every cloud has a silver lining. And from July, Inspire Peterborough has a brand new home, thanks to the generosity of Jason Watling and his father David at the Mobility Aids Centre in Stanground.



Jason heard about Inspires predicament and contacted Nikki Griffiths and Bryan Tyler and offered the use of empty offices and facilities next door to the Centre in South Street. Jason explained "I know first-hand the great work Inspire Peterborough does in the city, and it wouldn't benefit anyone for you guys to be without a base to work from.

Since we expanded our warehouse and workshops and moved most of our office based operations above the warehouse, the facilities over the other side of the centre have been unused. The offices are newly refurbished with a lift and disabled toilet and Inspire Peterborough are more than welcome to use them for as long as required." Iain Crighton, Chair of Inspire Peterborough said "It's a fantastic gesture by Jason and David at the Mobility Aids Centre and very much appreciated."

The curse of the ignorant taxi driver returns!



A regular user of taxis in Peterborough contacted the Disability Forum recently to complain that two black cabs had refused to take his partner because she was a wheelchair user! A complaint has been made to the PC Taxi Enforcement Officer. We will update next month.

More new disabled parking bays for the city



New bays are earmarked for Crown Street, Earl Spencer Court, Parliament Street, St Pauls Road and South View. The detailed plans indicating the new restrictions may be seen together with a Statement of the Council's Reasons for proposing to make The Council of The City of Peterborough (Civil Enforcement Area) (Waiting Restrictions and Street Parking Places) Amendment No. 29 Order 2016 together with relevant mapped schedule extracts at the Town Hall, Bridge Street, Central Library, Broadway and Bayard Place, Cattle market Road, Peterborough during opening hours.

Sport England figures show drop in disability sports activity since London 2012



The number of disabled people playing sport in England has fallen since the 2012 London Olympics, despite the Games' pledge to "inspire a generation."

Figures show 15.8 million people play sport or exercise at least once week, a drop of 0.4% since 2012.

Former Sports Minister Richard Caborn said the fall was "disappointing" and a sports charity said the Games' promised long-term legacy had not yet emerged. Sport England data reveals the biggest decline is among people from ethnic minorities and economically-deprived groups. Helen Marney, from the Yorkshire Sport Foundation, said London 2012 provided an initial boost but a long-term legacy had yet to emerge. "Like other parts of the country, we did see more people wanting to do sport after 2012, but we have to remember it takes more than an Olympics games on TV to get people active," she said.

"A lot of the reasons why people don't get into sport come down to the individual themselves. Do they have the time, money and the facilities nearby? "But yes, I would say that the legacy of London 2012 hasn't delivered what we wanted to see."

VOLUNTEERING MATTERS FOR OUR COMMUNITY

Do the rules and regulations regarding volunteering and benefits confuse you?

One of the barriers for lots of disabled people who would love to get involved in volunteering, is the uncertainty of how this leaves them if they go for an assessment or how it impacts on received benefits.

Many claimants, particularly those with degenerative conditions, often find the rigours of day to day work difficult to commit to. Nevertheless, many want to get involved in their community. The Disability Forum contacted the DWP about how voluntary work impacts on continued access to benefits. Below is their reply:

"One of the main things that we are promoting at the moment is to encourage as many people as possible, especially those in receipt of ESA and Income Support, to undertake some form of Volunteering and or Work Experience.

Those that undertake this are not at risk of having their money affected as this goes against everything that we are trying to do.

We understand that volunteering can support a vast number of people to establish a routine, become more socially included and to give them recent experience and potentially a view into returning to work in the future. We had in excess of 500 customers in receipt of ESA that undertook volunteering in the last operational year up to April 2016 in Peterborough alone.

We would advise that any customer who is concerned that volunteering may affect their benefits to talk to their Work Coach at the Jobcentre for reassurance and advice."

Ongoing improvements at Peterborough Station



More work has been carried out to improve access and accessibility at Peterborough Train Station.

The Disability Forum has been working with Virgin Trains East Coast and this new raised crossing is part of the scheduled improvements to make the journey to the station a little easier for disabled passengers.

Do you have an event or activity you want promoting on the Inspiring Peterborough Radio Show? Contact louisa@inspirepeterborough.com

Special Olympics-Part of the Inspire Peterborough Team



**Special
Olympics**
Peterborough



Special Olympics offers a lifetime of learning through sport and benefits individuals of all ages and ability levels – from those with low motor

abilities to highly skilled athletes. Since the formation in 1978 as part of the global Special Olympics Movement. Special Olympics Great Britain (SO GB) has transformed the lives of tens of thousands of people through sport. There are currently 150 Special Olympics clubs in Great Britain, run by over 3,000 volunteers, and involving 8,000 athletes who benefit from our sports programme.

Special Olympics GB is a recognised member of the Olympic family with a unique role to play. The Paralympics provides sports competitions for elite level disabled athletes with physical and sensory disabilities, including intellectual disabilities, while Special Olympics fosters community sport year-round at all levels for those with intellectual disabilities. Nikki Griffiths, Development Manager for Inspire Peterborough said “We are delighted to work with Kay Greenaway, Special Olympics (SO) Peterborough Branch Co-ordinator to help support the growth of SO in Peterborough leading up to the SO Sheffield 2017 Games and beyond; contact: kay@inspirepeterborough.com

Hydrotherapy goes from strength to strength



Cllr Irene Walsh and Bryan Tyler from the Disability Forum met up with Karen Oldale, Thomas Booker and Josh Staggs from St Georges Hydrotherapy Pool recently to discuss some of the recent additions to the classes. Hydrotherapy use is on the increase and St Georges is getting busier so staff and volunteers have decided to open longer and add new sessions to the already busy schedule.

Cllr Walsh, who was recently appointed Cabinet Member for Communities and Environment said “Hydrotherapy is so important to people who want to improve their fitness and general health and well-being. I’m inspired every time I visit the pool.” Since its opening in March 2011, St George's Community Hydrotherapy Pool has helped over 2500 local people providing pain relief, health improvements, and freedom from isolation. It also offers valuable leisure time for those with learning and physical disabilities. stgeorghydrotherapypool@peterborough.gov.uk



Accessible Transport Plan for Peterborough

Do you struggle to get out of the house? Find public transport difficult to use or access? Peterborough Disability Forum and Peterborough Council for Voluntary Service are working in partnership to search for inexpensive but effective methods of transport for people with disabilities, elderly, vulnerable, and socially isolated.

Below is a short questionnaire which will help us shape our Accessible Transport Plan for Peterborough. Thank you for your response.

Accessible Transport Plan for Peterborough	
Do you use public transport?	Yes/No
Do you find public transport difficult to use?	Yes/No
Do you live too far away from a bus route to use?	Yes/No
Are you concerned about using public transport during the day?	Yes/No
Are you concerned about using public transport during the night?	Yes/No
Do you receive concessionary travel?	Yes/No
Do you take part in sport or social activities?	Yes/No
Are you in training or education?	Yes/No
Are you a volunteer?	Yes/No
Are you in paid employment?	Yes/No
Do you have a disability or long term health condition?	Yes/No
Does your disability keep you "socially isolated"?	Yes/No
Would a door to door, accessible and affordable transport service encourage you to take part in (Tick all that are appropriate)	
• Sport or social activities?	
• Training and education programmes?	
• Volunteering?	
• Employment?	
Do you think accessible and affordable transport would help improve your health and wellbeing?	Yes/No
Do you think accessible and affordable transport would help reduce the time you spend at home alone?	Yes/No
Would a buddy scheme encourage you to take part in activities or to use transport?	Yes/No

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



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

01733 237525

www.peterboroughcityradio.co.uk