

NewsLink

Peterborough Disability Forum
August 2016

Inspire Peterborough is named as Sainsbury's Charity of the Year!

"We are so excited and absolutely overwhelmed" said Programme Manager Nikki Griffiths after it was announced that Inspire Peterborough had been awarded Local Charity of the Year for the Bretton store, an annual scheme run by Sainsbury's.



The scheme has been running since 2009 and each Sainsbury's store selects their own charity to partner with for the year and supports them in a number of

ways including fundraising, volunteering and raising awareness. To date, Sainsbury's have raised a whopping £11 million! This can make a massive difference to local charities at the heart of the community.

Nikki added "We would like to say a massive thank you to the staff and shoppers at Sainsbury's store in Bretton and everyone who took the time to vote for us. The store is in Bretton – the same location where we run our Inclusive Skating, Sports Champions and Equip projects, and it's almost next door to our partners at the YMCA Gym.

Inspire Peterborough manages and supports sport and leisure activities to encourage people with disabilities, additional needs and life limiting conditions to get fit, have fun, make friends and improve their quality of life. With the Rio Olympics and Paralympics about to begin, it is paramount that the people of Peterborough are given the opportunity to take part in sport and activity at a level which suits them best as individuals, whether that is grass roots or a competitive level, everyone should have access to the same opportunities.

Nikki concluded "We met with staff from the store this week to plan a year of fundraising, which begins with a bag pack on Saturday 6th August. It's going to be a really exciting year working with our new colleagues from Sainsbury's in Bretton".

Can you help with the Inspire bag pack? We would really appreciate your help Inspire Peterborough: 01733 330815 or

contact@inspirepeterborough.com

Disability Forum advises on Fletton Quay's development



The £120 million revamp of Fletton Quays is well underway and the Disability Forum and its members have been asked to comment and give guidance on access and accessibility issues before and during construction of the new development. The outline application is for 280 homes, a

160-bed hotel, two office blocks and restaurants as well as a new home to much of Peterborough City Council.

Barry Plumb, vice chair of the Disability Forum said "it's really important that disabled people are involved in these major projects from early on and work with the developers to ensure that the whole environment is as accessible as possible. I hope developers remember what a fiasco access was at the City Hospital when it first opened, and that was because they wouldn't involve local disabled groups. It cost a fortune to put right".

Inspiring Peterborough Radio Show gets a pat on the back



Anouska Holland, Team Leader from the Richmond Fellowship and her colleagues Marc and Simon appeared on the show recently and later wrote to producer Louisa Parr, "I just wanted to say a massive thank you from Marc, Simon and myself for a great experience on the radio show on Friday! We were all a little nervous beforehand but had the best time in Bryan's safe hands!

You all made us feel very welcome and very relaxed and I am already thinking of excuses to come back again!"

A broadcasting superstar in the making?



When City College media and broadcasting student Joe Coles joined the Inspiring Peterborough Radio Show back in May, it was as the programme runner and apprentice tea-maker!

Fast forward a couple of months and meet Joe Coles, reporter, broadcaster and researcher.

Producer Louisa Parr said "I forget Joe is a student, he has taken to radio broadcasting and presenting so easily and he is very willing to learn."

Want to get involved in the show?

Contact: bryan@inspirepeterborough.com

Ex forces? Fancy lending a hand in your spare time?

The Peterborough Disability Forum and PCVS are looking at ways of getting people with disabilities and long term health conditions out of the house and into manageable, meaningful and enjoyable social activities, can you help?



Disability Forum co-chair Barry Plumb said "many ex forces personnel are driver trained to a higher than usual standard and these are the guys we would love to work with. There are lots of former forces members living in the Peterborough area perhaps looking for something to do for a few hours a week. Supporting some of our members to get out of the house, meeting new people and taking part in health and wellbeing or sport and leisure activities could benefit everyone, including the drivers."

Contact: bryan@inspirepeterborough.com

When is a gig a good gig?



When the venue is accessible and the promoters consider the needs of disabled people! And that looks as if it's happening at a forthcoming event in the city. Multi-platinum selling international rock star Bryan Adams will perform an open-air gig at the Embankment this summer as a part of his *Get Up* tour of the UK on Friday 5th August.

The Disability Forum was contacted recently to advise the promoters and city council on making concert as accessible as possible. Music fan and wheelchair user Jason Merrill said "it's a great idea! This initiative should be used at all venues and gigs. Disabled people love live music as much as anyone else and to look at improving accessibility is a great idea!"

Devolution Consultation-Have your say

At 11am on Thursday 18th August, the Peterborough Disability Forum is hosting a Devolution meeting in Peterborough Town Hall

Would Devolution improve the lives of people with disabilities, their carers or family members?

Does a devolution deal mean that Cambridgeshire and Peterborough will be able to make a greater number of important decisions about Cambridgeshire and Peterborough, rather than them being made by Central Government?

It's your chance to find out and ask questions of our guest speaker, Kim Sawyer. Kim is the Director of Governance for Peterborough City Council: If you want to attend, can you contact: bryan@inspirepeterborough.com

Inclusive Ice Skating-the world beckons for local talent!

Thanks to a generous donation from The Rotary Club of Peterborough, Werrington, Inspire Peterborough held Peterborough's first Inclusive Ice Skating competition on 15th July.

The event was inspired by members Calum Titmus and Emma Hall who travelled to Glasgow to compete in the championship event in April this year. Both skaters hope to travel to Iceland in November for a Special Olympic ice skating competition, and again to Glasgow in April for the Inclusive Skating championships, hopefully joined by other members of the club. Inspire Peterborough will be fundraising to support these athletes and would welcome local sponsorship.

The competition saw 19 people take part in this fully inclusive event at Planet Ice Peterborough, judged by Margarita Sweeney-Baird of (charity) Inclusive Skating, which was set up to provide skaters with all kinds of impairments a platform where they can compete on a level playing field with other skaters with disabilities.

Inspire Peterborough began the Inclusive Skating sessions locally in June 2015 with thanks to a grant from Comic Relief, and the sessions were lucky enough to open the BBC footage of Sport Relief for the East of England. The sessions in Peterborough are aimed at people with a disability, life limiting condition and/or additional need, their families and carers, and families can come along and learn to skate together.

Head Coach Gail Howard said 'Everybody who took part in the competition has worked incredibly hard over the last few weeks to learn a complicated routine to music. All participants skated brilliantly and made our team of coaches and themselves very proud.'

Inspire Peterborough would like to say a huge thank you to the volunteer coaches who give their time up to teach the skaters every week, to Margarita for travelling such a long journey from Glasgow to judge the competition and teaching our in-house judge how the system works, and to all of our other volunteers who come along and help out in many other ways. This project wouldn't be where it is without them and we have been very lucky to have such fabulous local support.

Margarita, of Inclusive skating, said 'The Peterborough Inclusive Skating competition was fantastic. Lots of good skaters and happy faces. Well done to the skaters, coaches, volunteers and to Inspire Peterborough on your achievements. What a wonderful club. I'd also like to thank Planet Ice for making the ice available'.

Inclusive Skating finished on 22nd July for the summer and will return on 9th September. gail@inspirepeterborough.com

C4 unveils largest team of disabled presenters for 2016 Rio Paralympics



Channel 4 has made a ground-breaking commitment to diversity by unveiling the largest ever team of disabled presenters for its coverage of the 2016 Rio Paralympics. Almost two-thirds of the on-screen talent working on Channel 4's Paralympics coverage will be disabled, including all four daytime presenters. There will also be 26 disabled production staff helping produce the coverage.

"It is a privilege to return to Channel 4 for the Paralympics and build on our Bafta award-winning legacy of the 2012 Games" Clare Balding. The Paralympics team will be led by Clare and The Last Leg's Adam Hills.

The daytime coverage, which will run from 1pm to 7pm, will be anchored by presenters including the Breaking Bad actor RJ Mitte, broadcaster Sophie Morgan and former marine commando JJ Chalmers. They will appear alongside the former Paralympic wheelchair basketball medallist Ade Adepitan and former Royal Marine Arthur Williams, who presented coverage during the London 2012 Paralympics.

The Rio games, which take place in September, will be the biggest ever overseas broadcast in C4 and Paralympic history with over 700 hours of live coverage. The commitment to on-screen diversity, enhanced by Channel 4's support for the 2016 Year of Disability, is matched off-screen via the Rio Production Training Scheme. More than 15% of the production team at Sunset+Vine, the company producing the coverage, are disabled.

C4 will have 20 disabled people working on content in Brazil who joined its Rio Production Trainee Scheme. The team includes former wheelchair rugby player Steve Brown, 7/7 survivor and former sitting volleyball player Martine Wright MBE and former Paralympic skier Sean Rose.



The Inspiring Peterborough Radio Show-One year on!

Celebrating our first year on air! Approaching 80 guests in that time (and for much of the year we were only fortnightly!), from Autism UK to Zumba dancers with a generous helping of MPs, Mayors, Charities, Voluntary organisations, Council bosses, Carers, Paralympian's, Accessible and Inclusive

sport providers the list goes on-Thank you everyone! Contact louisa@inspirepeterborough.com if you want to be a guest on the programme.

Free Roadshow in Peterborough for people living with sight loss

Peterborough Low Vision Day Thursday 29th September 2016

A free one-day event is taking place at the halls behind Westgate Church, Westgate, Peterborough PE1 1RG from 10.30am until 3.30pm on Thursday 29th September.

The event aims to help anyone connected to sight loss (individuals, friends, family, professionals, and carers). Find out what clubs, activities, and support is available in the Peterborough and surrounding areas, and nationally. Learn about a wide range of items to help with daily living and independence. Get hands-on demonstrations of the latest mobile and access equipment from leading suppliers.

Sighted guides: There will be trained sighted guides on hand so, if you are travelling alone and need some help you won't miss a thing.

No booking required - just turn up and explore!

PAB Café will be open for light refreshments throughout the day.

A story to tell

David Butterworth was five years old when he was diagnosed with an incurable genetic defect in his immune system. "I was told I would not go totally blind because the disease would burn itself out in his mid-teens. The doctors were wrong, and despite their best efforts, I went blind in my late twenties."

David went to last year's Low Vision Day and shares, "*What the Low Vision Day showed me was that being visually impaired is not the end of life. It may be the end of something, but that just means that it is the beginning of something else. Perhaps you may need some help or advice, support or equipment in order to participate as fully as possible, but it is out there, and you can do it.*"

The Low Vision Day is an excellent opportunity to find out about all things to do with low or no vision – in one place; on one day".

For further information:

- Details about exhibitors visit mypab.org.uk/lowvision
- email info@mypab.org.uk
- or call 01733 344 844



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