

NewsLink

Peterborough Disability Forum

October 2016.

Well done to all of our local Paralympians!

No apologies for the sporty theme of this month's NewsLink!



James Fox is one of a number of athletes from the Peterborough area who contributed to Paralympics GB's Gold medal bonanza in Rio when he was part of the successful coxed fours. James started rowing at Peterborough RC aged 11 and represented the GB Rowing Team at the Coupe de la Jeunesse as a junior.

He carried on rowing at University of London Boat Club whilst studying Sports Science. However, he broke his back in a car accident within months of being at university and was unable to train fully for two years. But now James has completed a golden Paralympiad with the GB Rowing Team LTA mixed coxed four at Rio 2016 after following up three successive World Championships with gold on the Lagoa Rodrigo Freitas.

Lee Manning and his colleagues take the Bronze



Lee started playing wheelchair basketball at the end of 2005 after experiencing the sport in a taster session at his school. Just three months after joining local club the Peterborough Phoenix, the 4.5 player was invited to attend his first GB Junior Camp – earning a call-up for his first international tournament: representing Great Britain at the 2006 U22 European Championships.

Lee said "I felt sick and drained with emotions on the finals day but the atmosphere amongst all the GB friends and family there was mutually supportive as we were all in it together. "

And congratulations to all of our other local athletes.

Including Wisbech's Jody Cundy who won his 1km time trial in the velodrome, four years after being disqualified in London. He also won gold in the team sprint.

Doddington's Jonnie Peacock defended his 100m title. Pre-race favourite Lauren Steadman from Sawtry took silver in the triathlon.

Hard luck to a disappointed Matt Skelhon. The defending champion failed to make it out of qualifying in the 10m air rifle event this time around.

Get your dancing shoes on and help the Peterborough Special Olympics Team



Join Inspire Peterborough on Friday 28th October at the Parkway Club from 7-11.30pm to support Special Olympics Peterborough. Funds raised will help the athletes attend the national games in 2017.

The Hounddogs are a spectacular local rock n roll band who have a national following. Their live performances entertain crowds around the country. City Sounds Disco are supporting.

Tickets cost £12 each in advance from Inspire Peterborough 01733 330815, The Parkway Club or Rob Goodwin. Price includes a sausage and chip supper (dietary requirements should be notified at the time of booking please - e.g. vegetarian, vegan, cealiac, etc.)

Please note that this will not be a quiet event, therefore ear defenders should be brought along for those who may require them.

Walks on Wednesday return



It's now three years since the launch of the Walks at Ferry Meadows. Not bad for a project that was supposed to last for six weeks! After a short break, the walks start again on the 5th October and finish on the 7th December.

Everyone welcome. Meet at the Visitors Centre café at 10.15. Ask for Helen. Don't forget the complimentary coffee and cake afterwards.

New crisis mental health services launched



From Monday, 19 September, a new 24/7 crisis mental health services is now available for people locally. By calling 111 and selecting option 2, anyone of any age, living in Cambridgeshire and Peterborough will be able to self-refer to these services.

Also, the CPFT out-of-hours number has changed. The new number will be 0808 808 2121 and will operate between 7pm and 11pm, seven days a week.

Even NHS patients who need "urgent" surgery are having their operations cancelled

Thousands of patients are having operations cancelled, including those needing "urgent" surgery to save their lives, limbs or organs.

In the most comprehensive picture yet of the crisis engulfing the NHS, the shocking figures show a soaring number of sick people being turned away as over-stretched hospitals struggle for beds.

Last winter 15000 patients 'suffered the distress' of having elective operations called off at the last minute. That is up 39% on the same period – November 3 to January 11 – in 2013/14. Worryingly, the number of "urgent" operations being shelved by hospital bosses has also rocketed to 752 – a 31% rise.

Disability Forum regular and triple bypass recoverer "Stewart" had his pre-op meeting cancelled 3 times. Said Stewart "Can you imagine the stress of knowing that you are just about to go under the surgeon's knife and then be told by text, not just once-but three times, that my appointment had been cancelled. No explanation and no apology. When I got to ask one of the hospital staff why, I was told she thinks the surgeon may have been off playing golf! I'm not sure if she was joking but I wasn't laughing!"

Wanted! Swimmers for the Rotary Swim 2016



Werrington Rotary Club is holding their annual charity swim at Jack Hunt Pool on Sunday, 27th November. Entry is free and every participant will receive a commemorative medal and photograph produced for the event.

The event is held to raise money for Charity, each team is asked to raise funds, half for their own good cause and half for Rotary Charities. Werrington Rotary is donating money to local charities.

Join the Inspire team for the Rotary swim and get a free Inspire Peterborough swimming hat to the first 50 who sign up to join us and you get a t-shirt from Rotary too. All ages and abilities.

Contact Nikki: nikki@inspirepeterborough.com me by 21 October.

Entrants may swim as an individual or as a team of up to six swimmers to swim for up to twenty five or fifty-five minutes. You may only want to swim a short distance or a shorter period of time and that is something the organisers encourage to allow swimmers of all abilities to take part.

£1.5m to inspire the next generation of Paralympic athletes



100s of children who have lost limbs will be given sports prosthetics to inspire the next generation of Paralympic athletes – thanks to a £1.5million government fund. It has been set up by the Department of Health to provide running blades and other replacement limbs. It comes as Team GB's Paralympian's celebrate a record-breaking medal haul at the Rio Games.

Health Secretary Jeremy Hunt said. "Investing £1.5million in the latest child prosthetic research and technology will ensure hundreds more children have access to sports prosthetics. I hope some will become part of the next generation of Team GB Paralympian's."

Sarah Hope said a runner blade had changed the life of daughter Pollyanna, 11, who lost her right leg below the knee in 2007, when a bus struck her and Nan Elizabeth, who died. Mrs Hope said: "When Pollyanna wears her blade, she can do cartwheels and gymnastics and dance – it gives her a new lease of life."

Are you ex forces? Fancy a challenge? Want the opportunity to take part in the Invictus Games in 2017?



You may not be aware but Inspire Peterborough sponsors the Peterborough Phantoms sledge hockey team. For the fourth year in a row the team has won the British Sledge Hockey Association (BSHA) League and several of the team are in the GB squad which flies off to Japan for the World Championships shortly. The team members (one of which is ex forces) are all players with disabilities. Amputees, stroke recovers and the Captain, Matt Coleman, has Sacral Agenesis

The team are searching for ex forces personnel who would like to get involved in the sport.

Sledge Hockey is now an accepted sport at the Invictus Games and Matt and the rest of the Phantoms team would love to work/train with players or potential players.

If you fit the description, or know someone who does, contact Matt Coleman: matthew.coleman1976@gmail.com

Not a very Happy Meal for mobility scooter user!

Police charged a mobility scooter user with drunk-driving when he staged a protest at a drive-in McDonald's.

Officers were called after staff at the burger restaurant said they wouldn't serve 62-year-old Michael Green because he wasn't driving a car. He wouldn't budge until they gave him a quarter-pounder with cheese.

Mr Green refused a breathalyser and was arrested for being drunk in charge of a carriage under the 1872 Licensing Act — which was intended to apply to anyone riding a bike, a horse or a cart pulled by a cow. After realising that mobility scooters didn't exist in 1872, Crown prosecutors wisely decided the case was not in the public interest.

All of this could have been avoided, of course, if Maccy D's had simply sold him a hamburger.

NHS waste public money shocker!



dreamstime.com

The NHS is wasting millions of pounds each year by needlessly scrapping vital medical equipment that could be reused.

An investigation has found that thousands of crutches, walking frames, sticks and wheelchairs are systematically dumped in skips or never returned to hospitals, costing taxpayers millions.

In one region alone, a small mountain of mobility aids and other hospital equipment, all seemingly in good condition, apparently destined to become scrap.

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As well as mobility aids, thousands of artificial limbs, costing up to £5,000 a time, are also pointlessly thrown away, campaigners say.

Former Health Minister Norman Lamb said: 'When the NHS is chronically under-funded and operations are having to be rationed, it is scandalous that the NHS is wasting so much money.

Managers should investigate as a matter of urgency.'

Last year the NHS in England spent around £18 million on crutches, walking sticks and frames, according to industry sources.

Millions more is spent on "recyclable" aids, such as wheelchairs, bath seats, shower chairs and bed tables which help the elderly and those with disabilities live more independently

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