

NewsLink

News, news and information from Peterborough Disability Forum

November 2017

Accessible Christmas Shopping-How good is Peterborough?



Judging by the continuing correspondence the Peterborough Disability Forum receives, the journey from the Train Station into Peterborough City Centre is extremely difficult for many people with disabilities, their family members and carers and

also for many older people

The pedestrian crossing on Bourges Boulevard has no "audio recognition system" which means blind or partially sighted people have no idea when the lights change. Wheelchair users and those with ambulatory problems can't use the stepped end of the bridge. Some people have asked taxi drivers at the station to be take them into town but were refused because the distance didn't make it financially viable for the driver to give up his place in line!

Barry Plumb, co-chair of the Forum said "In the UK, it is thought that some 7m people of working age have a disability, which adds up to an awful lot of spending power. The "purple pound" is reckoned to be worth around £249bn to the economy. If people can't get into Peterborough to shop, they will continue to shop online or go to Cambridge or Milton Keynes shopping centres- which are far more accessible"

In early November several Council Officers and Councillors will be joining Disability Forum members at the Train Station to look at ways of improving access into the city.

Report in Decembers NewsLink newsletter.

Well done Helen Sismore from Guidedogs UK and Jamie Crisp from RNIB

For several years the Walks on Wednesdays at Ferry Meadows was one of the few social events in one regular's diary, until recently! Because of health issues, the gentleman was having problems getting up and coordinated in the mornings. Maggie and Colin, two of the Walk leaders, were concerned that without the Walks and meeting his friends every week the gentleman would lose contact with the outside world. A quick email from Inspire Peterborough to Helen and within thirty minutes she had sourced an alarm clock from RNIB developed especially for people with sight loss. Well done Helen and Jamie Crisp from RNIB

New Accessible Fitness Centre opens its doors

Peterborough's most inclusive and accessible fitness centre has opened.



Nikki Griffiths, Inspire Peterborough Programme Manager says "We have listened to what interested groups and individuals have asked for, and hopefully our new programmes reflect that.



Many of our clients are either older residents or people with a disability or a long term health condition who don't want a room full of sweaty Lycra!

Our clients want somewhere to get a little fitter in nice surroundings and have a nice cuppa and chat afterwards."

Nikki, Eburn, Samia modelling the new Amilly Fitness Centre t-shirts and Bryan with the new logo

The Amilly Fitness Centre is not open to the general public and classes and gym sessions must be booked in advance. Tel: 01733 330815

Fast Action at the Allia Future Business Centre



After receiving a flurry of complaints about the Disabled Bays being misused at one of Peterborough's leading Enterprise Centres, Disability Forum manager Bryan Tyler contacted the centre asking for action to be

taken to deter the parking bay transgressors.

Well done Centre Manager Gareth Jones who promised and delivered prompt action. Within hours of receiving the complaint, Gareth was issuing tickets to non-Blue Badge drivers as well as contacting the Centres residents and visitors informing them all vehicles must be logged in and there will be new signage warning drivers not to park in the disabled bays unless they hold a Blue Badge! Great work Gareth

Peterborough Association for the Blind need your help!



PAB are having a day of bag packing on Thursday 16th November in Morrison's, Lincoln Rd, Peterborough. Chair of PAB Sylvie Wheeler is looking for volunteers to help out on the day. If you can spare a

few hours, contact Sylvie: f.wheeler@guidemail.co.uk

Dogsthorpe Councillors and the Disability Forum team up to stop Blue Badge and Disabled Bay misuse



Dogsthorpe Councillors Bella Saltmarsh and Chris Ash ran an article in a recent newsletter about the work of the Disability Forum. After seeing the article Forum Manager Bryan Tyler was contacted by local resident "Pete". Pete was fed up with the disabled bays outside his children's school being misused by non-Blue Badge holders.

Cllr Ash contacted the Parking enforcement team at the Council who in turn sent out a team of Officers. On one trip alone the Traffic Officers handed out four penalty tickets to drivers misusing the Disabled Bays. Disability Forum co-chair Barry Plumb said "Well done to Cllrs Saltmarsh and Ash, a great piece of teamwork and well done to the Enforcement team who have promised to continue to monitor the bays and hand out tickets-If you don't want a ticket and you don't have a Blue Badge, don't park in the Disabled Bays!"

DON'T FORGET!! Disability Forum members honoured with lunch with the Mayor



On Monday 13th November between 12 and 3pm in the Reception Room of the Town Hall Mayor of Peterborough, Cllr John Fox will be hosting a Meet and Eat International Buffet Lunch for members of the Disability Forum, family members, carers, associates and colleagues.

What is Meet and Eat? Here is Perri Luparia from City College Peterborough to explain. "The benefit of CommUNITY Meet & Eat project is to support Peterborough and its wide ranging and diverse city communities in reducing social isolation, increasing wellbeing whilst supporting integration and community cohesion. The project lends itself to supporting and upskilling and offering additional wraparound services such as Public Health and IAG at our events.

We offer a 3-course healthy, imaginative meal with a restaurant experience at very little or no cost."

Mayor of Peterborough Cllr John Fox added "this is an opportunity for us to say thank you for the fantastic work the Disability Forum does to improve the lives of disabled people in our city." Spaces are limited.

To register Email: eat@citycollegepeterborough.ac.uk or call 01733 761361 ext. 810

Forces vets returning to Civvy Street are being hindered by the false belief that most of them suffer from mental health problems'



Veterans leaving the armed forces are being hindered by the 'misguided view' that most are suffering from a serious mental health or physical problem, research reveals today.

The public are sympathetic to service 'heroes' returning to Civvy Street, but more than half think they are more likely than most to commit suicide, be addicted to alcohol or get divorced. Almost four in five people believe the experiences suffered by veterans mean they are 'somewhat' or 'much' more likely to have 'mental health problems' than other people.

The research was carried out by Lord Ashcroft, the Prime Minister's Special Representative on Veterans' Transition, to establish how the public view service personnel returning to civilian life. Data was collected from an online survey of around 2,000 adults and eight focus groups across the UK in June this year. Lord Ashcroft says the results show a 'staggering gap between public perceptions and reality' and that veterans are far more able to cope and have fewer issues than the public expect.

Half of those questioned thought negative experiences of being in the military would play as big a part as positive ones in shaping veterans' lives as civilians. While on average people estimated that almost two-thirds of service leavers would have experienced dangerous or traumatic situations. Questioned about veterans of working age having left the services, people associated words including 'able, admirable, heroes and bravery' with them.

However, they also used words such as 'abandoned, disadvantaged and unemployed'. The most common problems believed to be faced by service leavers were mental health, adjustment to civilian life and physical injuries or physical health problems. People were positive about employing someone leaving the armed forces, but they also raised concerns about mental health issues, PTSD and 'anger issues.'

Despite the bleak view of the public, Lord Ashcroft said 'the great majority of former service personnel go on to lead normal, healthy, productive lives' and they should not be seen as 'damaged.' He has urged the government to take action to changed 'misguided' views.



Kenneth from Inspire here again! Welcome to the Inspire Peterborough Sports section. If you want any information or anything posted on our social media then feel free to email me at kenny@inspirepeterborough.com

- Our close friends Team Echo recently ran the Great Eastern Run. Each member hit their target times. You can still donate if you wish too, with all proceeds going to help Inspire Peterborough put on more activities. <https://www.echowebolutions.co.uk/team-echo-running-inspire-peterborough/>
- On Monday 9th October Kirsty Butcher from Special Olympics Peterborough Equestrian Club along with Marilyn, Jo and Kay from the club set off on an equestrian adventure. Special Olympics East Midlands were holding a local Special Olympic Equestrian Competition at Scropton Equestrian Centre near Derby and the four adventures headed off for a rekey and Kirsty was entered for Dressage and Working Trails.

Kirsty would be competing in the A level and had a set routine to remember for both dressage and Working Trails. More on this here <http://www.inspirepeterborough.com/special-olympic-east-midlands-equestrian-competition/>

- Team Inspire visited the Peterborough Greyhounds to see what their networking booth event had to offer. For a sporting arena it was great. Over 140+ businesses turned out. With great snacks, beverages and people around, it's safe to say we'll be back again. Tell everyone you know the Greyhound Networking is one to attend!
- WE CAN NOW ANNOUNCE THAT WE WILL BE OPENING AMILLY FITNESS ON NOVEMBER 1st with two action-packed days a week for you to enjoy! Earlier this summer we hosted an open day that seen a near 100 people- including the Mayor and a television actress- come and check out not only what we will have to offer, but share their views and ideas also.

Once you enter the doors at Amilly Fitness you will have the chance for an all-inclusive workout, you can have fun and take part in classes. Also, it's a chance to meet new people, set up a routine to live your week by, and yes, we'll have refreshments on offer. So whether you're looking to add something to your weekly schedule, or you want to meet new people, Amilly Fitness will be providing a platform for you to do both with.

See you next month!

Kenny

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 Pensioners Association 01733 270528

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**