

# Peterborough Disability Forum

## NewsLink September 2017

### Peterborough Disability Forum moves to new venue



Are you looking for news, views and information about disability issues? Centre 68, 68b Westgate Peterborough, PE1 1RG is the new home for the Peterborough Disability Forum. The first meeting at the venue takes place at 10am on Thursday 14<sup>th</sup> September. It's an open meeting; anyone with a genuine interest in improving the lives of disabled people in Peterborough is welcome. Lots of guest speakers. Limited parking but Centre 68 faces Queensgate Bus Station and Car Parks. Tea and coffee will be available.

### Inspire Peterborough

#### Back in the Perkins Great Eastern Run! With a twist!



You may be aware, the Perkins Great Eastern Run takes place on Sunday 8th October and Stanground based charity Inspire Peterborough are getting a team together to fly the flag and raise money for disability sport in Peterborough. But with a difference! Nikki Griffiths, Inspire Peterborough manager challenged one of her colleagues to do the fun run playing

guitar and performing running related songs! With public health and safety paramount, Nikki contacted the organisers and after a few concerns were addressed, it's all systems go!

If you fancy getting involved and raising the profile of accessible sport in Peterborough get in touch with Nikki: [nikki@inspirepeterborough.com](mailto:nikki@inspirepeterborough.com)

### Armed Forces Partnership Board goes from strength to strength

Bike Tours for the Wounded and Blind Veterans UK are two of the latest



SUPPORTING OUR  
WOUNDED, INJURED AND SICK  
ARMED FORCES PERSONNEL & VETERANS

organisations to join the board. Bike Tours for the Wounded supports all services and all ranks of those who have served our country. Whether

they are Wounded, Injured or Sick (WIS) where their injury, physical or mental condition is / was considered to be career or life limiting, including veterans. Blind Veterans UK support anyone who has served in the Armed Forces, or who has done National Service, and who is now living with significant sight loss.

## Inspire Peterborough Fitness Suite Open Day



Thank you to everyone who made our "open day" such a success recently-We had over 100 guests and we have had a fantastic response from everyone

If you don't know what the "Fitness Suite" is....it's a collaboration between the Mobility Aids Centre in Stanground and Inspire Peterborough and the aim is to provide accessible, fun, affordable exercise and fitness sessions for people with disabilities or long term health conditions (It is not a public gym)

We have teamed up with the Armed Forces Partnership Board to deliver exercise and well-being sessions to ex forces personnel with disabilities. All of our sessions will be available to family members and carers

The reason for the open day was to find out from people what kind of sessions they wanted us to offer. We will now spend the next few weeks putting together a programme/s with our partners, Tom Milner Oak



Activities (who deliver the sessions) and David and Jason Watling from the Mobility Aids Centre who have made the Fitness Suite happen. We are looking at officially opening in mid-September-If you want to find out more-contact Eburn Bola-Shadipe [ebun@inspirepeterborough.com](mailto:ebun@inspirepeterborough.com)

And a big thanks to Cllr John Fox, Mayor of Peterborough, who really did go the extra mile!

## Maxey Car Show donates £1000 to St Georges Hydrotherapy Pool



On Saturday 12th August Matt Howard and Bryan Tyler had the privilege of accepting a £1000 on behalf of the management, volunteers and pool users. Matt was brilliant and accepted the cheque from Gilly and Peter who help organise the annual event. Matt also handed over a Certificate of Appreciation

from St Georges to say thank you to everyone from the Maxey Car Show who raise 1000's of £s every year for local good causes

With over 3.300 registered users and 250 disabled people accessing the pool every week, the equipment gets very heavily used. St Georges will be spending the donation to buy a new shower trolley for the pool's high support users. The existing one is no longer fit for purpose.

Thank you again to everyone associated with the Maxey Classic Car show!

## Well done Peterborough City Council!



What do you do when you are the manager of a sheltered housing scheme for older people and the bins on site are unusable? Get in touch with the Disability Forum. The residents, because of age or health reasons, struggled to use the big bins provided. The Scheme Manager contacted the Disability Forum; a site visit and a couple of emails later, and the problem has been resolved and the residents will be getting new accessible units in the very near future. Well done PCC and their contactors Amey.

## Goldhay Arts, working together and not giving up.



Goldhay Arts will be performing with a live band to bring you an afternoon of entertainment. The African Heritage Centre, Auntie Nyemu and the Banatai Band will present Hamba Kamba, a beautiful African SEN story about working together and not giving up.

There will be live music and dance celebrating diversity during Black History Month and you are invited to what promises to be a memorable achievement for service users. There are only 75 tickets on offer so if you would like to be part of this journey please book your tickets asap. The event is on Monday 16<sup>th</sup> October at 1.30pm at the Cresset in Bretton Centre.

## Can you spare a little time to dig for St Georges Hydrotherapy Pool?



Pool manager Thomas Booker will be a guest speaker at the Disability Forum on Thursday 14<sup>th</sup> September to update interested parties on the essential maintenance work being carried out at the pool. According to Tom work is on schedule and fingers crossed for a grand reopening in late September.

One other essential piece of work that needs undertaking is the car park. Regular pool users will know that the car park needs some upgrading but funding has gone on the much needed repairs to the interior. Step forward David Wait from Serpentine Green. David has kindly offered to get together a wrecking crew from colleagues; retailers and shoppers from the Hampton based Shopping Centre. David has also offered to provide skips, new signage and lunch for people who volunteer to help dig up the existing car park!

If you fancy getting involved contact: [bryan@inspirepeterborough.com](mailto:bryan@inspirepeterborough.com)

## Crisis in social care



The crisis in social care is laid bare as a report reveals how vulnerable people are forced to eat evening meals in the middle of the afternoon so overstretched carers can cram in home visits.

The report exposes how elderly, sick and disabled people are often left stranded without food or vital medication – including insulin for diabetes – for hours as carers are delayed or miss appointments altogether. Families said many carers were so poorly trained that they lacked essential skills such as being able to boil an egg or wash somebody.

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Experts warned that the report, by independent care champion Healthwatch England, was 'yet another warning signal' that the 'crumbling' social care system was struggling to cope with a lack of funding, rising costs and increasing demand.

One woman said her mother was consistently made to eat at 3.30pm – despite her complaints that it was not a suitable time for an evening meal. Another revealed their relative was given breakfast at 11.30am and lunch 45 minutes later at 12.15pm. One care user said they had gone 2 weeks without a shower as carers did not have time to wash them.

Around 673,000 people in England rely on carers to help them with everyday tasks. Up to 60 per cent of people relying on home care have dementia. For the report, Healthwatch England interviewed 3,415 home care users, their families and carers from 52 areas. They found carers frequently arrived at different times or missed appointments.

A family member of one care user said: 'They forgot to arrange a teatime and bedtime visit. If I had not visited Mum that day, she would not have been given her tea and she would have been sat in her chair all night.' One in seven care users said they missed medications because carers failed to turn up.

A Department of Health spokesman said: 'We have introduced tougher inspections of care services to drive up standards, provided an additional £2billion for adult social care, and have committed to consult on the future of social care to ensure sustainability in the long term.'

## **SPECIAL OLYMPICS GREAT BRITAIN NATIONAL SUMMER GAMES**

**7TH -12<sup>TH</sup> AUGUST 2017**



The Special Olympics Great Britain National Summer Games 2017 took place in the city of Sheffield. 5 swimmers, 1 athlete and 1 rhythmic gymnast with 3 coach/escorts and 1 volunteer from Special Olympics Peterborough had the wonderful experience of representing The Special Olympic Eastern Region Team the fourth largest delegation.

The event is the country's largest multi-sport event for athletes with intellectual disabilities with around 2,600 athletes of all ages and abilities coming together over 4 days of competition and supported by 800 coaches, 100 volunteers and 200 officials and 7,000 family friends.



The opening ceremony was held at Bramall Lane, home of Sheffield United Football Team, with Tony Hadley from Spandau Ballet fame headlining the event. The Eastern Region had the honour of being the first delegation into the arena leading the parade in the pouring rain! The weather didn't dampen the spirits and the excitement and atmosphere around the ground was tremendous.

The atmosphere in the pool was amazing and Swimmers Robert Bates, Ben and Matt Beeby, Ryan Clark and William Roberts did us proud. With four days of hard competition they came away with 5 gold 2 silver and 1 bronze medal, all receiving at least one medal.

Athlete Charlotte Cox was competing in the Athletics in the A stream of her events. Charlotte was 7<sup>th</sup> in her 100m and 7<sup>th</sup> in her 200m but ended the week off with a magnificent Gold in the 4 x100m relay.

Jennifer Goodwin was the lone representative for the Eastern Region in Rhythmic Gymnastics. She performed routines in Ribbon and Clubs where she won silver, Rope where she won Bronze. In Hoop she came 4<sup>th</sup> and a silver in the overall competition.

Jennifer was supported by her coach Fran Raymond who had never experienced a Special Olympic National Games.

On her return her mum said Fran had had an amazing and life changing experience one she will never forget, a feeling everyone who had been part of the week would agree with.

Here's to the next games in 2021!!

## Green man walking sign on pedestrian crossings may be too fast



The green man walking sign on pedestrian crossings may be too fast for elderly and disabled people to cross the road safely suggest new draft guidelines for local councils.

The National Institute for Health and Care Excellence wants to make it easier for people with limited mobility to get out and about. Most crossings allow between four and seven seconds before the green man starts flashing. But many people are slower than this.

The average walking speed for older men has been estimated at 3ft (0.9m) per second, and 2.6ft per second for older women.

The speed for crossings recommended by the Department for Transport is around 4ft (1.2m) per second, but local councils can adjust the timing to suit their residents' needs.

The draft NICE guidelines also recommend that councils move bins, hanging baskets and other obstacles that might get in the way of disabled pedestrians and others who may struggle to get around, such as parents with prams.

Prof Mark Baker, director of the centre for guidelines at NICE, said: "It should not matter whether you are on foot, in a wheelchair, have a visual impairment or if you're a parent pushing a pram.

If streets, parks and other open spaces are well planned, everyone should be able to get around their local area easily. Safe, accessible streets and well-maintained parks can help people to get active and live longer, healthier lives."

Dr Justin Varney from Public Health England said: "Physical activity benefits everyone at all stages of life. People living with impairments are less active, and this can be due to the way the built environment, including public spaces and transport systems, is designed. Making physical activity accessible to everyone when planning spaces benefits communities in terms of health, environmental sustainability and economic regeneration is essential."

The NICE recommendations are out for consultation until October.

## Concern over high levels of inactivity amongst middle aged

Middle-aged people are being urged to walk faster to help stay healthy, amid concern high levels of inactivity may be harming their health.



Officials at Public Health England said the amount of activity people did started to tail off from the age of 40. They are urging those between the ages of 40 and 60 to start doing regular brisk walks. They say just 10 minutes a day could have a major impact, reducing the risk of early death by 15%.

But PHE estimates four out of every 10 40- to 60-year-olds take a brisk 10-minute walk less frequently than once a month.

Dr Jenny Harries said: "I know first-hand that juggling priorities of everyday life often means exercise takes a back seat. But walking to the shops instead of driving, or going for a brisk 10-minute walk on your lunch break each day, can add many healthy years to your life."

Maureen, 44, started taking regular walks three years ago in a bid to improve her health. At the time, she weighed 18 stone and wanted to make a change. Within seven months, she had lost nearly five stone. She joined a local walking group and loved it so much she ended up becoming a walk leader in charge of taking groups of people out at the weekend.

GPs are also being encouraged to get their patients walking faster - defined as a walk of at least 3mph that leaves you breathing faster and increases your heart rate. Dr Zoe Williams, of the Royal College of GPs, said: "Every GP should talk to their patients about the benefits of brisk walking and recommend the Active 10 app."

PHE is focusing on those in middle age, because of the drop in activity levels.

It is recommended that people do 150 minutes of activity a week, but nearly half of those aged 40 to 60 fail to achieve that and one in five does less than 30 minutes. While a daily 10-minute brisk walk will not get them to the recommended level, it will be enough to start making a difference to high blood pressure, diabetes, weight issues, depression and anxiety and musculoskeletal problems such as lower back pain.

PHE also hopes by getting this age group active it will have a knock-on effect among those who have children.

## Inspiring news from Kenny Brown!

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](mailto:kenny@inspirepeterborough.com)

We have a competition on our Facebook page for all of the below:

- A Fitbit Flex 2 Fitness Wristband/12 free gym sessions at YMCA Gym/Inspire Water Bottle/Wristband/Pen/free online social media overview for your business/personal accounts from our very own social media guru! Go to Inspire Peterborough's Facebook page and enter to win the above.

We will have some more information on the Great Eastern Run very, very soon. However, for now we know Team Echo- our close friends- will be running the Great Eastern Run on 8th October for Inspire Peterborough!

<https://www.echowebolutions.co.uk/team-echo-running-inspire-peterborough/> More on this soon, but Inspire might be more involved in the day itself than anyone realises....!

- We are finalists for the 2017 Mick George Skip of Gold competition. This prize would allow us to put on even more all-inclusive sports, so please vote for us:  
<https://www.mickgeorge.co.uk/peterborough-skip-of-gold-finalists-2017>
- Our mental health football ambassador Leon McKenzie- after a fight cancelation- will now be fighting Peterborough's Marcello Renda in the battle of Boro! Stay tuned to our social media and newsletter to see who wins September's boxing bout! If you want to purchase tickets, sponsor the fighters or find out how the bout finishes then email me.
- We profiled a talented, young swimmer, and that will soon be published on our website, social media and newsletter, but the energetic swimmer is certainly one to watch for the city of Peterborough.
- The Special Olympics in Sheffield was a huge success and brought a lot of success and happiness to the participating athletes; including our Peterborough-based athletes. More on their success later, but we can't wait to see what's next for them.
- To both follow on from the previous, and to wrap up for this month, we wanted to congratulate Karim Chan on becoming the World Junior Gold Medalist Champion! Big achievement for one of Peterborough's many talented athletes.

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.  
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