

NewsLink

News, news and information from Peterborough Disability Forum

February 2018

Is a Minister for Loneliness the answer?



Inspire Peterborough (part of Disability Peterborough) provides sporting and health and well being opportunities for people with disabilities and long

term health conditions. So that activities are accessible and affordable to as many people as possible, they are priced at an average of just £2 per session. From Archery to Zumba hundreds of people take part in Inspire Peterborough activities each week-the oldest participant is 102

Inspire Peterborough has a track record of providing a pathway for disabled people to get into education and employment. Conclusive proof that activities help people wean their way off prescription drugs and reduce GP visits. NHS staff says Inspire sessions prevent heart attacks and strokes. What Inspire does helps reduce social isolation and aids those who live with depression and other mental health issues

How much funding does Disability Peterborough receive from Government to enable Inspire Peterborough to provide all this? Not a penny!



Tracey Crouch MP, who has been appointed "Minister for Loneliness" is, apparently, a very able and compassionate MP, but her first job should be supporting organisations at the coalface that provide lots for very little in return!

With continued cuts in funding to the community sector, where will all those hundreds of people who rely on Disability Peterborough managed services go each week to keep fit, make friends and reduce reliance on expensive potions, lotions and repeat trips to the GP and health clinics?

If organisations like Disability Peterborough (Inspire Peterborough) don't receive funding, who will deliver what Inspire Peterborough delivers when the pot runs dry? It's not going to be The Minister for Loneliness, is it?

Help the Disability Forum Stand up for Peterborough says Council Leader, Cllr John Holdich



"I'm really pleased that the Disability Forum has got behind my Stand Up For Peterborough campaign. I launched the campaign calling for support as we lobby the Department of Communities and Local Government (DCLG) for fairer funding in order to protect frontline services before it goes under due to the huge strain of such a growing population. You can help support our campaign by writing to me at the

Town Hall, Peterborough, PE1 1HL."

Disability Forum Phase 2 Budget Proposals Meeting

On Tue 27 Feb 2018 10:00–11:00am the Disability Forum will be hosting a meeting about Phase 2 of the Councils Budget proposals. Fiona McMillan, Director of Governance will be presenting the proposals.

All welcome. The meeting is in the Bourges Room of the Town Hall.

Sporting Saturday-The region's biggest disability sporting event is back!

Saturday 24th February between 11-4pm at the Cresset in Bretton, the much loved sporting event is back for its 5th year.

From Archery to Zumba-Basketball to Tai Chi-It's all there to try, and it's free! There are also fantastic sport themed raffle prizes and an opportunity to get on the radio.

Sporting Saturday is an inclusive and accessible sporting event for the benefit of all disabled people, their families and carers and brought to the city by the hard work and dedication of the staff and volunteers of Disability Peterborough through the Inspire Peterborough programme



Disability Awareness Week is back!

Thanks to our friends at Serpentine Green



Monday 19th March is the start date for this year's proceedings. Once again Disability Peterborough will be hosting the event with Advisers on hand to give information, advice and guidance on a wide range of disability related services and support including: Children's Services, benefits advice; housing,

education and employment support. Inspire Peterborough will be offering sporting and health and well-being advice to people with disabilities and their carers and family members.

David Wait, Centre Manager at Serpentine Green said "Last year's event was so successful at promoting awareness, linking people and groups together and pointing people in the right direction it was a very easy decision to do it again this year. We have many visitors who come to the centre who have a disability or a loved one with a health condition, but quite often they don't know where to go for help or are unaware of the fantastic services organisations like Disability Peterborough has to offer."

Autism sufferers will be given Blue Badges providing free parking to drivers with 'invisible' disabilities

Driving is to be made easier for people with 'invisible' disabilities such as dementia and autism. New Department for Transport plans will help those with mental health conditions get Blue Badges, entitling them to free parking. It is hoped the proposals will enable more people to travel independently

Transport Minister Jesse Norman said: 'Blue Badges give people with disabilities the freedom to get jobs, see friends or go to the shops with as much ease as possible. We want to try to extend this to people with invisible disabilities.'

More than two million disabled people in England have a Blue Badge, but councils interpret the rules on 'non-physical disabilities' differently. The changes proposed provide clear and consistent guidelines.

A greater range of healthcare professionals would be allowed to assess Blue Badge applicants, seeing if their mental health is causing mobility problems. Sarah Lambert, head of policy at the National Autistic Society, said improving parking permit access could be 'a lifeline' for many autistic people, who often do not qualify for Blue Badges under current rules.

Talking Disability-Peterborough



Sandie Burns, CEO of Disability Peterborough joined presenter Bryan Tyler recently for the first in a new monthly programme on PCR FM going by the name "Talking Disability-Peterborough". Sandie answered listener's questions on a wide range of disability related issues. Also on the show was Nikki Griffiths. Nikki discussed the vast array of sporting and leisure activities Inspire Peterborough offers disabled people, carers and family members. This month's special guest was Paul Clarke Community Risk Manager - Adult Safety-Cambridgeshire Fire & Rescue Service talking about the Safe and Well initiative. Joining Sandie, Nikki and Bryan on Februarys (23rd) show will be Council Leader, Cllr John Holdich.

Hospital car parks raked in a record £175m last year!

With more than half still charging disabled patients to leave their vehicles



Hospitals made a record £175 million in parking charges last year – despite a supposed Government crackdown. They also made nearly £1 million from parking fines – up by a third on the previous year – although the true figure could be £4 million. And more than half are still charging disabled patients to park.

The highest charges are at the Royal Surrey County Hospital in Guildford, at £4 an hour. Another 14 hospitals charge at least £3 an hour, including Northampton General at £3.20 and Southend University Hospital at £3.10

Hospitals have made a record £175 million in the last year despite a Government crackdown. 56 trusts said they charged disabled patients to park. Health Secretary Jeremy Hunt has previously admitted the fees were 'unfair'. In 2014, he introduced guidelines urging NHS trusts to offer free or reduced parking for cancer patients, the disabled, relatives and staff. But the rules were not legally binding and many trusts chose to ignore them, because the fees are an important source of income



Shopmobility goes from strength to strength!

If you struggle with mobility but would like to shop in Queensgate or get lunch in the city or visit the Cathedral why not get join Shopmobility, one of the UKs very first wheelchair and mobility scooter operators? Part of Disability Peterborough, Shopmobility is based at 11 Queensgate Centre, Peterborough PE1 1NT: 01733 313133 or email Manager Chrissie: chrissie-dialpeterborough@btconnect.com

Disabled passenger refused special assistance at Stansted Airport - because she didn't look disabled enough.

Nathalie Allport claims airport staff said she was "wasting their time" when she asked for help boarding a flight. Natalie has spent her life battling Ehlers-Danlos syndrome. She also suffers from postural orthostatic tachycardia syndrome, a disease that causes random spikes in heart rate and limits how far she can walk.

She pre-booked special assistance for the flight as the painful illness often leaves her wheelchair-bound but when she appeared at the gate, a staff member refused to help - and told her "I'm here to help disabled people, not you". Stansted Airport said an investigation had been launched to get to the bottom of the incident. A spokesman said: "We are very disappointed to hear about Ms Allport's experience and apologise for any distress caused", a spokesman said.



**Special
Olympics**

A very big thank you from everyone at Special Olympics Peterborough

to Inspire Peterborough and Coopers Community who donated selection boxes to Special Olympic Athletes. Special Olympic Officer Kay Greenaway presented the selection boxes to the squad at their end of year sessions. The club had a Christmas get together meal at the Beijing Rendezvous. The Equestrian Team wore Christmas Jumpers and hats and enjoyed relay races and silly games. The swimmers replaced swimming hats with woolly hats and had relay races with floats and inflatable toys. The club also now includes Boccia.

New Ark City Farm Social Mornings

New Ark City Farm is offering the chance to come and enjoy a social morning every Monday and Wednesday from 10-12pm. The event is priced at £5 per session and includes tea or coffee, and biscuits and offers visitors the chance to socialise with staff members, feed, groom and work with the animals and enjoy the company of other visitors.

Working at the farm gives the opportunity to take part in purposeful, rewarding work as part of a team, towards a common goal. Through the work, volunteers can develop problem solving skills, and increased confidence and self-esteem from being able to work independently on tasks. The work can stimulate change in a person and help develop transferable skills. Booking is essential as places are limited.

To book your place or to find out more information please contact Carolyn on 01733 340605 or email carolynnewark1@gmail.com.

Amilly Fitness

Inclusive health and wellbeing centre

inspire
Peterborough
enhancing lives



£2 per
session



Mondays and
Wednesdays

OPEN:
10am – 4.30pm



Inspire Peterborough have teamed up with Oak Activities to run an inclusive fitness centre for adults with a long term health condition, special need, physical, mental, sensory or learning disability.

Chair based exercise classes and open gym sessions

Booking essential via
www.bookwhen.com/amilly-fitness
or for group bookings please call 01733 330 815

Amilly House, 88 South Street, Stanground PE2 8EZ

Contact Inspire Peterborough for more information

www.inspirepeterborough.com | [f /amilly-fitness](https://www.facebook.com/amilly-fitness)
T: 01733 330 815 | E: contact@inspirepeterborough.com

Disability Peterborough Project/Registered Charity Number: 1089250



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

Headway Cambridgeshire 01223 576550

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