

Issue 10 – Summer 2010

# DISCOVER

*Cornwall's disability aware lifestyle magazine*

**FREE**

## Nothing about us without us

but thousands petition, chief exec sacked  
and leading cancer patient ally resigns

## Paralympic World Cup

St Stephen's Jonathan Fox takes gold

## The Sky's the Limit

Nathan shows there's no barriers  
to flying solo

## New Network for Cornwall

disabled peoples' organisations unite

## The Coalition Government & You

## Independent Living Farce?

ILF closes to new applicants

## Summer in Cornwall

countryside, surfing  
& sandchairs



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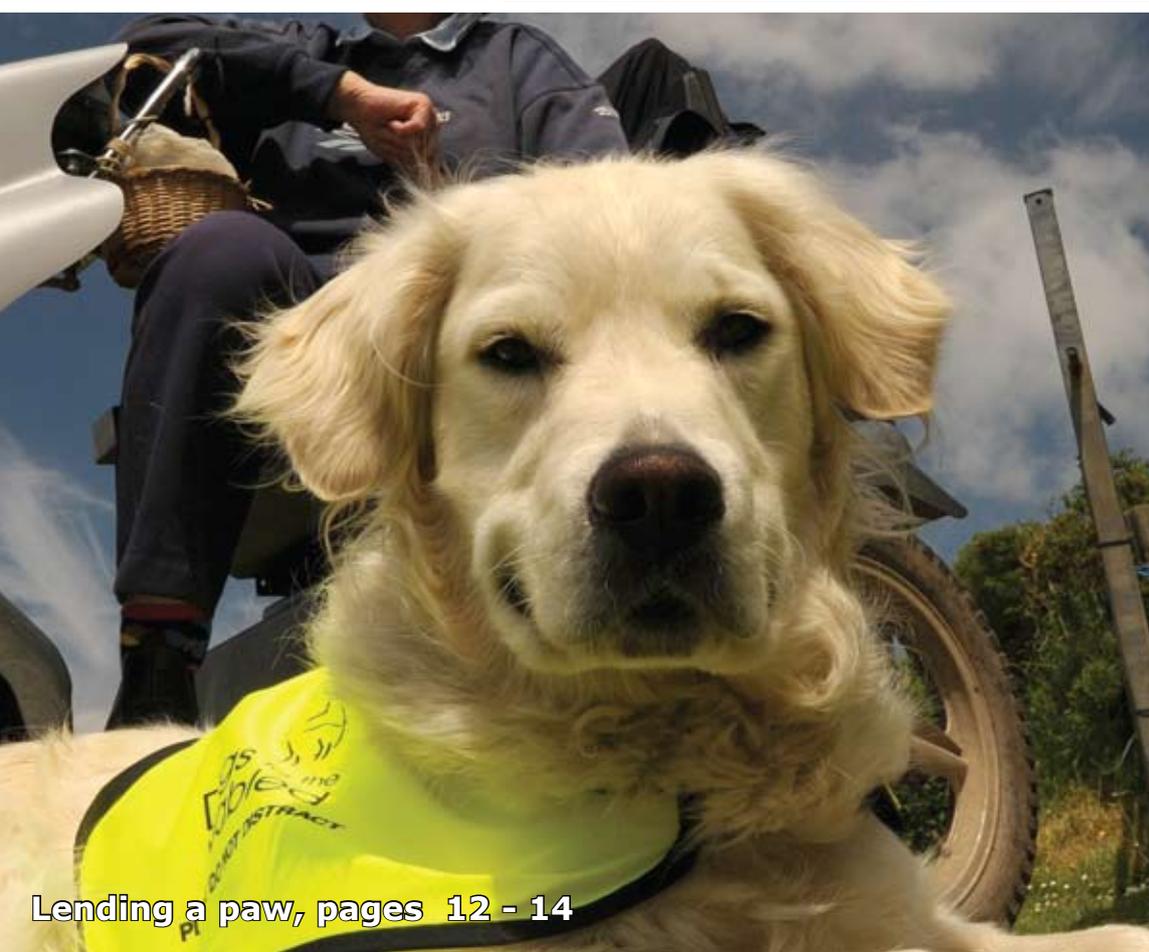
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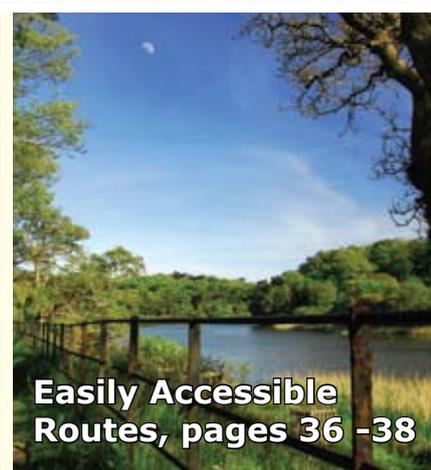
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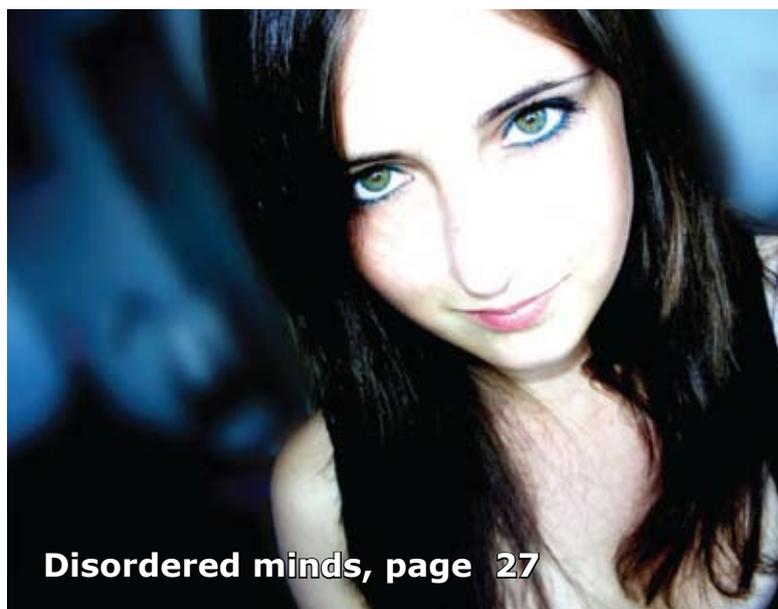
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*Steve Paget MBE*

**DisAbility**  
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## **Welcome**

I thought it was about time I said 'hello' as the incoming Chair of Disability Cornwall.

I would like to say a public thank you to Alex Bryce, the former Chair who has given many years of excellent service to Disability Cornwall and indeed the wider voluntary sector. I know we all will wish him well for the future.

As I take the Chairmanship, Disability Cornwall is in good shape. We are well poised to develop services to support the drive towards personalisation. Our new premises are up and running, thanks to a lot of very hard work from our team. I want to take this opportunity to say a big 'thank you' to every one of our staff who have really delivered over the past twelve months under direction from our Chief Executive, Jane Sharps.

My priorities for 2010/11 are to further strengthen our board of trustees, to begin to develop closer ties with the local authority and NHS and to re-energise the social policy group to begin to actively challenge local discrimination issues.

To do all of this, we will need the active participation of as many disabled people as possible, because without it, we are powerless. Let's all join together in really making in-roads to making Cornwall a better place for disabled people, somewhere we can all live independently with the appropriate support we need.

DISCOVER is very much a 'voice' for Disability Cornwall, which means it is a voice for our members and the wider disability community in Cornwall. So that means it's your magazine and we hope you like this 10th edition, packed as usual with news, features and information. Please keep writing to us with your letters, concerns and ideas for what you want to see in it.

Enjoy the remainder of the summer, hopefully full of sunshine!

**Steve**

# Cutting too quick caring too little

Whatever the arguments about whether David Cameron is hiding his ideological prejudices against the public sector behind the cloak of recession, it is clear we are facing a 'new age of austerity', with implications for us all.

Despite the coalition's assurances that the most 'vulnerable' among us will be spared the worst, we might be particularly concerned to learn that cuts to the £237m social care grant to help councils implement the personalisation of social care services, could be at risk. The Personalisation Agenda is the term given to radical changes that should now be taking place in the services we receive, so we gain more choice and control over those services and the way in which we receive them. It could be as 'simple' as changing GP surgery opening hours to reflect the actual working weeks of most people, or it could be far-reaching changes to social care to ensure disabled people are able to take full and active control over their own lives, in receipt of personal budgets, rather than passive recipients of inadequate care.

But with £1.16bn in savings expected from councils in 2010/11 and the removal of ring-fenced social care budgets, it's difficult to see how the personalisation agenda can proceed unscathed, potentially affecting the independence, choice and control of thousands of disabled people whose hopes were raised by talk of Personal Budgets.

Implementation of Personal Budgets has been slow in Cornwall, with many becoming impatient at the lack of real involvement of the very people who will benefit from the changes – disabled people, carers and their representative organisations. The danger is that councils will cut social care budgets, as opposed to other departments, if they suspect personalisation is not progressing as it should.

It is therefore vital for all representative organisations, their members and especially the people who may be significantly affected, to carefully monitor the situation and be prepared to group together to not only fight cuts to essential services, but also to ensure the most radical change to social care in years, Personalisation, is implemented successfully in Cornwall.

# UN Convention demands more than lip service

On the first anniversary of Britain's ratification of the UN Convention on the Rights of Persons with Disabilities, the Equality and Human Rights Commission has welcomed the government's commitment to protecting and promoting the rights of disabled people and called on it to take the particular needs of disabled people into account in its future financial planning.

The Convention requires signatories to uphold the rights of disabled children and adults. It is aimed at promoting respect for the inherent dignity of disabled people and promoting their inclusion in society.

Mike Smith, Commissioner and Chair of the Equality and Human Rights Commission's Disability Committee, said: "The Commission welcomes the government's commitment to breaking down the barriers which prevent disabled people having the chance to succeed and to participate fully in society. We are heartened that they have pledged to tackle the stigma and prejudice that still persists towards disabled people, to reform our social care system and to promote employment opportunities.

"However, the government and public authorities should have regard to their obligations under the UN Convention on the Rights of Persons with Disabilities when making the difficult spending decisions ahead.

"Many disabled people rely on public services to achieve the most basic levels of human dignity and participate equally in society; to get up in the morning and go to bed at night, to eat a meal, visit their family or access transport. For many, these services are an essential lifeline without which they would be unable to contribute to their families or community.

"We would also ask the government to continue with reforms that give disabled people greater control over their own lives and increased opportunities to play their full part in rebuilding our economy."

# But does the NHS really care?



Rose Woodward with ex-health minister, Ann Keen

Cornish cancer patients lost a strong ally when Rose Woodward, herself a survivor of kidney cancer, resigned as chair of the Cornwall & Isles of Scilly Cancer Patient & Carer Group in May. Rose, who represented cancer patients both nationally and internationally, stepped down from her position because she said, she had 'lost faith' with local health organisations' ability to consider views contrary to their own.

Her resignation was the culmination of a sequence of events, beginning with the proposal to transfer specialist cancer services to a centre of excellence at Plymouth's Derriford Hospital. Health bosses claimed the move would improve outcomes for fewer than 20 patients in Cornwall who had to undergo this type of complex surgery, but the proposals were unpopular with many patient groups, who said the stress of travelling to Plymouth or Exeter would seriously jeopardise patient recovery.

In April 2009, a petition of some 32,000 signatures was presented to Cornwall Council in a last-ditch attempt to prevent the services being moved out of county. "I believe totally in the NHS," said Rose, "and have huge respect for clinicians in Cornwall, but people signed this petition because they wanted to retain top-class specialist surgery in Cornwall. We are continuously told this is a patient-centred NHS and the patient voice is welcomed, well, 32,000 people is a big voice."

Her views were shared by The Royal Cornwall Hospital Trust's (RCHT) former Chief Executive, John Watkinson, who was fired from his position because of alleged 'concerns over his tenure at a previous job and fears he was not improving the poorly performing RCHT'. But Mr Watkinson, who had fiercely opposed plans to transfer

upper gastro-intestinal cancer surgery from Truro to Plymouth and had also obtained legal advice, which evidenced patients should be formally consulted before changes were made to their care, claims he was ordered to go because of his opposition to the transfer.

In May this year, he won his claim at an industrial tribunal who found he had been unfairly dismissed. The final straw for Rose came when RCHT announced it would appeal this decision. She considered this to be a 'waste of NHS money' and felt her only recourse was to resign as chair of the Cancer Patient & Carer Group.

Rose told DISCOVER: "I spend a lot of my time trying to help seriously ill cancer patients who are denied treatment by the NHS. When you are fighting for patients who have to pay for their own treatment, how could you stand by, knowing huge sums of money will be handed over to solicitors, which could help patients instead? The gap between NHS rhetoric and NHS reality is just enormous. They say they want to put patients first then they do something like this."

"In other countries they accept the principle 'Nothing about us without us' " said Rose, "To ensure people who know about using services are able to give their views about the future of those services."

Despite the petition and many other objections from cancer patients, their families, Cornwall Council and local MP's, the specialist cancer services were still transferred to Plymouth earlier this year. Rose said, "We now have a nonsense situation where cancer patients leave their families and are forced to travel to Derriford; it is the same patient, the same surgeon, the same operation, but now it's done in Devon and not Cornwall!"

Rose continued, "We want real and meaningful dialogue with the NHS about our care. Of course hospital car parking and hospital food is important but this is just tokenism. We want the NHS to put the patient experience at the centre of all they do, after all it is our NHS, we pay for it."



The petition to retain specialist cancer surgery in Cornwall makes the front page of the Western Morning News

## Disability Cornwall is now part of the 'Safe Places Scheme' in Cornwall.



This scheme helps people with learning disabilities deal with any incident that may take place whilst out and about in the community, such as harassment, bullying or even if the person they are meeting fails to turn up.

Window stickers are issued to establishments that sign up to the scheme and people with learning disabilities are provided with a card which they can hold emergency contact details on. The staff in the safe place venue will be able to assist anyone who goes to them for help.

You can look at the CWIC - County Wide Information Cornwall database to find your nearest safe place. If you type 'safe place' into the words box, you will find a list of safe places. You can also type the name of your town or village in the places box, or choose it from the drop down menu, to find out if it has a safe place yet.

The database is updated regularly as more venues join the scheme. If you would like to get a 'safe place' card, have any questions about the scheme or would like to become a safe place, contact Adult Social Care, **T: 01872 323641**

**AskSARA** is an advice tool developed by the Disabled Living Foundation (DLF). It helps people find solutions to their daily living problems. Choose a topic you are interested in, answer a few questions online and print off the report. The report contains useful advice written by the DLF's team of occupational therapists as well as details of products that might help you. This information is collated from their impartial database of equipment and includes details of every product on the market. Your report can be printed out for further reference but as with every online resource, it is only as good as the information it contains.  
**www.asksara.org.uk**

## The Learning Disability Helpline

is an advice and information service for people with a learning disability, their families and carers. The helpline consists of community based advisers, a website and a telephone helpline giving advice about community care, benefits, family and personal relationships or can signpost you onto other people who can help.

**T: 0808 8081111**  
**www.mencap.org.uk**

**Dotcomunity** is a not for profit web based community interest company and although the Cornish section is not sponsored yet, it still holds some interesting information. It's easy to use by hovering the cursor over the area of the UK you are interested in and the online resources provide information about community services, care information and social activities for adults and children.  
**www.dotcomunity.co.uk**

## 'Sick note' being replaced by 'Fit note'

From 6 April 2010 GP's stopped issuing 'sick notes'. The Government is hoping to influence a change in culture by asking GP's to issue statements of fitness for work instead, now known as the 'fit note'.

## DID YOU KNOW?

**DIAL IS RUNNING OUTREACH SESSIONS FOR IN-DEPTH ADVICE AND ASSISTANCE WITH COMPLETION OF FORMS.**

**EACH OUTREACH SESSION IS HELD ONCE A MONTH AT THE ACCESSIBLE ONE STOP SHOPS IN HAYLE, HELSTON, TRURO AND BODMIN.**

**OUR SERVICE IS COMPLETELY FREE. TO ARRANGE AN APPOINTMENT JUST CONTACT DIAL. T: 01736 759500.**

**OUR DIAL TEAM CAN ATTEND LOCAL COMMUNITY GROUPS' MEETINGS TO PROVIDE BENEFIT AND INFORMATION TALKS.**

## How to recognise discrimination

Advicenow have an easy to use step-by-step guide to dealing with discrimination. It explains the pros and cons of the different steps you can take to deal with discrimination and addresses barriers to taking action. The guide also now flags up the new Equality Bill. [www.advicenow.org.uk](http://www.advicenow.org.uk)

## New resource pack for young carers



Over two thirds of young carers have had to cope with bullying at school, according to new research carried out by The Princess Royal Trust for Carers and The Children's Society, who have together launched a new information pack. A poster campaign will accompany the pack, 'Supporting Young Carers: A Resource for Schools', for all secondary schools across the UK to help address some of the issues.

Carole Cochrane, Chief Executive at The Trust said: "The aim of this resource is to empower schools to start identifying and supporting young carers. We know that when school staff are involved in supporting young carers it can make a huge difference to their lives."

## Changes to carer credits

A new Carers Credit was introduced in April this year. It's a National Insurance credit which enables carers to build up qualifying years for the State Pension.

To claim, you must care for one or more disabled people for a total of 20 hours or more per week. Each person you care for must receive Disability Living Allowance care component at the middle or highest rate; or Attendance Allowance or Constant Attendance Allowance, at any rate. If the person being cared for does not receive an appropriate qualifying benefit, Carer's Credit can still be awarded if you supply a Care Certificate which needs to be signed by a health or social care professional.

Call the Carers Allowance Unit for an application pack. **T: 0845 608 4321**

## Changes to Council owned car parks in Cornwall

Disabled drivers from the former Restormel and Caradon districts will be affected by recent changes to car park charges in Cornwall. From April 2010 all council car park charges increased by 5% and there are no longer concessions in the former districts for residents. Cornwall Council is attempting to unify its policy and national rules will now apply for off-street parking, for drivers in specially adapted vehicles, or who have tax discs marked nil or disabled.

## The Money Survival Kit

is a comprehensive guide for single parents to make the most of their income and spending. It's full of information and practical solutions along with a budget calculator to help manage your money effectively. [www.onespace.org.uk](http://www.onespace.org.uk)



## Payroll Service

- Employer registration with HMRC (for individuals)
- Monthly payroll
- Employer summary & pay slips
- End of year return
- Information pack for people new to using Direct Payments & Personal Budgets

**By choosing to use our service, you are supporting our organisation to continue to provide essential services to and on behalf of disabled people, their families and carers countywide.**

**T: 01736 756655**

**E: [info@disabilitycornwall.org.uk](mailto:info@disabilitycornwall.org.uk)**



# Did the NHS deliver?

## Yes... but 3 years later!

I was born with my left arm missing below the elbow so I've never known anything other than having one arm. As a child I remember coming home with my first prosthetic and the first thing I did was take the opportunity to freak my big sister out by chasing her round the house with it; revenge sweet revenge!

My parents decided that a prosthetic arm would help me settle into school more easily. They had been advised and even almost persuaded I should attend a school for children with special needs, but were adamant their youngest of five would go to the same school as everyone else. So that was it, I had a prosthetic and it did help me settle into school, even if I did frighten a few unnerved children along the way, but I didn't really get picked on much!

So now I was hooked, dependent on my prosthetic, couldn't leave the house without it, wouldn't dream of it, even used to bite my fingernails, I was attached! I was comfortable with my arm and regularly attended appointments throughout my childhood, teenage and adult years, for refits now and again but mainly just to get a clean glove or hand.



When I settled in Cornwall in 1993 I asked my GP to refer me to the nearest clinic so I could get myself a clean arm, the main problem with a prosthetic arm is they quickly become discoloured and dirty. I was referred to Camborne Redruth Community Hospital, which was a convenient arrangement and the prosthetist there soon got to know my needs and appointments were always quick and painless. When I decided my arm was looking worse for wear, usually about every six months, I would phone for an early appointment because of my job and one was normally granted within two weeks. Appointments usually lasted about 20 minutes as my needs were quite simple, a new glove or hand to replace the old shabby one. This was my arrangement for many years, up until 2006 when it all went a bit wrong.

It had already been decided I needed a cast and measure for a new arm as the one I had was almost 15 years old, however, what followed was months of cancelled appointments due to a member of staff retiring, sickness or holidays and this seemed to go on for ages.

***I finally had an appointment with a new prosthetist who could not believe I only had just the one arm (he actually meant one prosthetic!) Why didn't I have a spare? I'm pleased to say I have never lost, mislaid or had an arm stolen by pirates, but maybe he knew something I didn't?***

As I was happy with the fit of my arm a copy could be made for the new one, technically a simple quick and easy process, but in reality it went something like this:

Months later I got an appointment but the arm didn't fit...another appointment and the arm didn't fit...another arm made...but it didn't fit...getting annoyed...new prosthetist left...arm lost in the storeroom in Plymouth (or stolen by pirates?)...getting very annoyed...new prosthetist in post and missing arm found.

Hang on, its now 2009, what happened?

New prosthetist had no training in arms, just legs and only legs, great! (Clearly not her fault though, but angry now!)...Arm was taken back to Plymouth for repair and would be posted to me. Limbs by post, really? I was given assurance that it would be in the post before 10 April 2009. Remember, the only arm I had was shameful and looked like I had found it in a skip!

It didn't turn up... now seriously angry... I called many times, meaning on a daily basis, leaving messages on a

machine or speaking directly to a person but making no difference as I was never called back...kept calling with no reply...kept calling...now fuming, hopping mad...one last call explaining what I wanted, telling the machine this was its last chance, if I had no response within 30 minutes I was calling the media, Laurence Reed of Radio Cornwall in fact. Guess what? I got a call within 30 minutes, hmmm funny that!

So it's sometime in May 2009 by now and I was told they would post my arm or I could collect it from Barncoose Hospital. Unsurprisingly I opted to collect but was told there was no appointment for a fitting, collection at reception only. When I took it out of the bag for a quick inspection, and oh boy am I glad I did, a monster of an arm appeared with fingers like sausages, twice the size of my actual hand! It was an understatement to say I was angry again. The arm was useless unless I needed to go to a fancy dress party as Herman Munster! They found time to see me as I was quite distressed by now, the monstrous glove was removed revealing a 'normal' looking hand but guess what? It didn't bloody fit!

So three years on we were back to square one. By now I needed a new arm, badly, as I had stopped wearing one and to my surprise had just gotten used to it I suppose.

To get this new arm I was told I had to travel to Plymouth (not Redruth) for a cast and then back again one month later for a fitting. The new prosthetist could not do this so an experienced one made the arm while giving the new prosthetist training.

It has not been a good experience for me, or for the unfortunate new prosthetist trying to sort out my care. When an experienced member of your staff leaves for semi-retirement you have advance warning that a replacement is needed, ensuring you have a replacement in line is a managerial responsibility, or is it me? I should not have had to travel to Plymouth for care; my needs are quite simple in comparison to many others with missing limbs.

I look forward to when my appointments can be dealt with locally and the level of care I received in the past can once again be achieved. They even asked me if I need an arm to do anything specific, like kayaking for example, and if I have a specific requirement and they're isn't anything available 'off the shelf' they will custom make an arm for me. I haven't thought of anything adventurous yet, so suggestions on the back of a postcard please and I already have a back scratcher!

**By Sharon Riley**

# University College **FALMOUTH**

Incorporating Dartington College of Arts

## **New Performance Centre at University College Falmouth's Tremough Campus**

Dartington College of Arts will soon move to a new £14m Performance Centre at Tremough Campus near Penryn, following the recent merger with University College Falmouth (UCF). Doors will open this October and will enable UCF to support new and innovative work in the fields of dance, music and theatre. The versatile facilities and high specification equipment have been part funded through the European Regional Development Fund's Convergence programme. Contractors, Leadbitter, aim to achieve a BREEAM Excellent rating on the site, so construction is being carefully restricted to protect the surrounding ecology and the centre is clad with various natural materials such as slate and timber, under terraces of green roof.

A key aim has been to work with Leadbitter to ensure the Performance Centre is as accessible as possible for staff, students and visitors. The design team has worked with access auditors and Cornwall-based inclusive design experts, Sensory Trust, to help ensure the facility offers richer connections between people and place, and equality of access for all people, regardless of age, disability or background. This has meant considering signage, routeways to/from and within the building, and accessible interior design options. Of particular importance is the inclusion of a Changing Spaces facility, a fully accessible space which includes WC, shower, adult changing bench and mobile hoist tracking. Located adjacent to the main studio theatre spaces, it will support performers with disabilities or mobility impairments and their families and carers.

Including activities as part of a new, year round programme of contemporary public performance known as Platform, a series of celebratory events will mark the opening of the Performance Centre. This will see the launch of UCF's Community Performance Programme on Thursday October 28th and performances from Shallal, TR14ers, Live Wire and our Young Entrepreneurs Graduate programme. There will also be a unique opportunity to view exhibits from the newly established Cornish Performance Archive, including material relating to Kneehigh and the highly acclaimed playwright Nick Darke.

**For more information contact Rob Curran at UCF's Diversity Office: [rob.curran@falmouth.ac.uk](mailto:rob.curran@falmouth.ac.uk)  
T: 01326-213843, or  
E: [events@falmouth.ac.uk](mailto:events@falmouth.ac.uk)  
[www.falmouth.ac.uk](http://www.falmouth.ac.uk)**



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# Best foot forward

A familiar phrase regularly used in our physiotherapy clinics is 'foot drop' and it's a common symptom in many neurological conditions such as multiple sclerosis and stroke. It refers to the inability to lift the foot when walking, either due to weakness or paralysis of the muscles. As a result, the toes may catch the ground as the foot is swinging forward, which can make walking difficult and increases the risk of a trip or a fall.

There are now several treatment options available for this problem.

The first and possibly the most commonly used is a foot drop splint or 'Ankle Foot Orthosis', a rigid 'L' shaped splint holding the foot at a 90° angle and fits inside your shoe. This prevents foot drop, but does stop the foot from moving and can cause stiffness in the calf and foot muscles. Silicone AFO's are also available which do allow some movement, but still encase the foot and also rely on other muscles in the leg to compensate for the lack of movement. Other AFO's spread the weight of lifting the foot through the shoulders and back via a series of pulleys. The angle of pull on the foot can be adapted easily to adjust to walking up stairs or slopes.

Soft braces are another option, lifting the foot by using velcro straps or clips placed around the ankle. These can be easily worn inside your shoe and are lightweight. As the brace is not rigid, it allows the foot to bend when making contact with the floor and keeps the muscles of the foot and calf flexible. It may not however, provide a full 90° lift of the foot, which for some will not be enough for good floor clearance.

Functional Electrical Stimulation (FES) is a treatment becoming increasingly popular due to its recent recognition by the National Institute for Health & Clinical Excellence (NICE). FES is a technique used to stimulate muscle contraction and movement by applying small controlled electrical pulses directly to the nerves that supply the paralysed muscle. For FES to be effective, both the nerve and the muscle supplied by the nerve, must be undamaged and so it's effective in conditions such as stroke and parkinson's disease etc. It involves



Alan Bradley demonstrating FES

two discreet wires, one attached to a foot switch in your shoe and the second running from electrode pads placed directly on the leg, similar to those used for a TENS machine. The wires are then connected to a small digital box worn on your waistband or around the leg. This system enables the foot to move in sequence with your walking pattern with no increase in effort and allows foot and ankle flexibility.

When it comes to foot drop it's certainly not a case of 'one solution fits all', it's important to try different options, with the guidance of a physiotherapist and find the one that suits you.

**By Becky Duncan MCSP  
Neurological Physiotherapy  
Practice**



## Neurological Physiotherapy Practice

At NPP we provide treatments for a range of neurological conditions including: Multiple Sclerosis, Stroke and Parkinson's Disease.

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- ▲ Functional Electrical Stimulation
- ▲ Saebo arm training programme
- ▲ Soft tissue management
- ▲ Vestibular Rehabilitation

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Neurological Physiotherapy Practice  
11a Water Ma Trout,  
Helston, TR13 0LW

**St Austell**  
Cornwall MS Therapy Centre  
Bradbury House, Hewas Water,  
St Austell, PL26 7JF

Both clinics have fully accessible facilities and free parking

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Email: [enquiries@nppcornwall.co.uk](mailto:enquiries@nppcornwall.co.uk)

[www.nppcornwall.co.uk](http://www.nppcornwall.co.uk)



*Anne Greenwood with her assistance dog, Yoshie*



# Lending a paw

**W**hen someone hears the term 'working or assistance dog' they usually think of guide dogs, but the charity 'Dogs for the Disabled', established in 1988, creates life-changing partnerships by training dogs to assist children and adults with physical disabilities to lead more independent lives.

Frances Hay was a 15-year-old animal lover when her life was thrown into turmoil by a cancerous tumour in her leg, resulting in an amputation to prevent the cancer spreading. It was her subsequent disability which made Frances think about teaching her dogs to do small tasks for her, from picking up dropped items to taking rubbish to the bin. Later in life Frances took on Kim, a rescue dog who seemed to know instinctively when she needed help. Never far from Frances' side, Kim would pick things up for her, steady Frances as she rose from a chair or provide stability as she walked down the stairs. Kim became the inspiration for Dogs for the Disabled.

Simon Prior was a farmer with a degree in his profession and working at the Lancashire College for Agriculture and Horticulture, when he suffered two massive strokes just three days apart. Simon, from Padstow, decided to return there to live and has since fought determinedly to rebuild his life, which he says is now greatly aided by Patsy, his Labrador cross retriever. Although he previously owned dogs, Simon admits he was reluctant to have an assistance dog as he also has epilepsy and felt a dog was a huge commitment for him. But, unknown to him, his wife Sue was already on the case organising one and today he and Patsy are inseparable!

"Patsy got me to move around and helps me maintain my balance when walking," said Simon, whose four legged companion also helps pull out washing from the washing machine and drag the laundry basket around the house, things Simon would otherwise find extremely difficult. She is even his alarm clock and wakes him up at the same time each morning!

Patsy assists Simon to manage and live with his disabilities safely by waking him at night if he is lying on his back and not breathing properly. Intriguingly, she can also somehow predict if Simon is about to have an epileptic fit and gives him warning so he can ensure he is in a place of safety. This may be due to the bond developed between dog and owner as the dogs are not trained to do this. "I'm calmer, more confident and less tired," says Simon. "It's all thanks to patsy."

Anne Greenwood lives near Bodmin and was the first person in the South West to have a working dog. She is quite clear this has maintained her independence. Anne's degenerative spinal condition often leaves her tired, which is where her dog, Yoshie, particularly comes into his own.

She told DISCOVER "Yoshie helps me not only with the



*Sue & Simon Pryor at home with Patsy*

tasks I cannot do, but also with some chores I can, but that means I conserve valuable energy, which I can then use for activities I really want to do. When I had a break of a few months in between the retiring of one dog and the completed training of my new one, Yoshie, I noticed my disability became worse as I had to use my limited energy resource for daily tasks."

Anne keeps a smallholding with two horses and two donkeys but would have been unable to continue if not for her dogs. "Basically I could not have the horses without the dogs," she said. "They open and shut gates and fetch feed buckets. Without them I could not do it because they do all the carrying and running around."

Perhaps most impressive of all is the fact Anne doesn't require a night-time carer because Yoshie helps undress her when she decides to go to bed, closes Anne's bedroom door and then turns off the light. Anne said, "It brings a whole new meaning to being tucked in at night!"

## **Trained to do those jobs the rest of us take for granted**

Dogs for the Disabled train dogs to help with practical tasks that many people make take for granted. Disability can lead to feeling isolated, a loss of

confidence and feelings of low self-esteem. But a trained dog can help overcome such feelings and training a dog to do various tasks – even simply opening a door – can help a disabled person to make more of their life.

It is the only organisation in the UK to train dogs for both children and adults, with more than 400 partnerships having been created to date. Each dog is trained in five areas; obedience, to push, pull, retrieve and speak (bark on command). Pups spend their first year of training in the homes of puppy socialisers with dedicated volunteers giving them lots of different experiences to ensure they are confident and polite in any situation. In the words of Anne Greenwood, "The saints of the world are the puppy walkers."

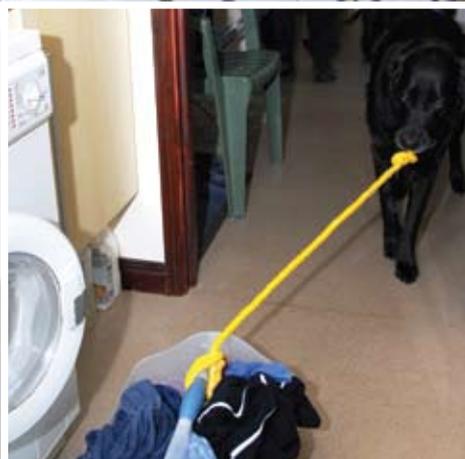
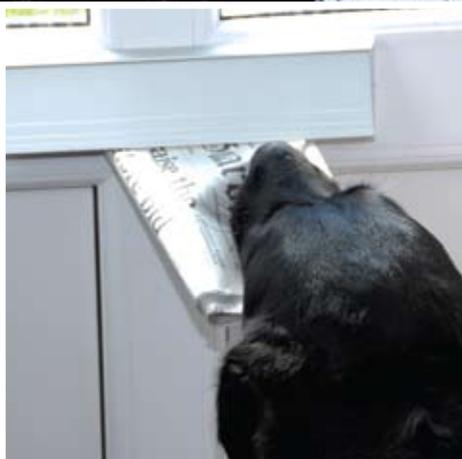
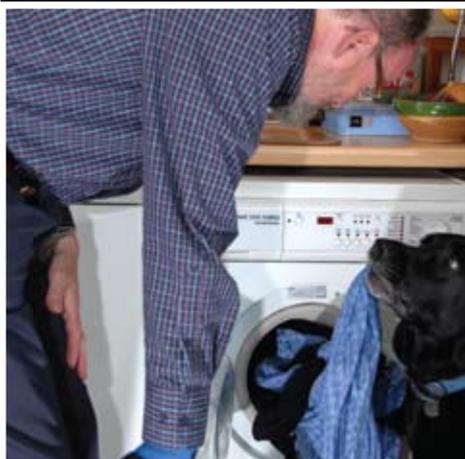
Training at the Frances Hay Centre in Oxfordshire, lasts between six and eight months and during this period dogs are taught basic tasks. A game of tug will eventually become the basis for opening and closing doors, removing socks or a jacket, or taking washing from a washing machine.

The final part of training is spent with instructors working with applicants and their dogs, taking into account the temperament of the dog and the needs of the client. By matching the right dog with the right adult or child handler a strong partnership can be created.

For further information contact Dogs for the Disabled.

**T: 01295 252600**

**[www.dogsforthedisabled.org.uk](http://www.dogsforthedisabled.org.uk)**



*Patsy helping Simon at home*

# Films



## Autism Awareness Day 2010

**By:** The Autism Network

**Duration:** Two minutes.

**Content:** To raise awareness and promote understanding of Autism. Most people may have heard of the word 'autism' but in some cases that is as far as it goes. The Autism Network believes there is still not enough awareness of the condition. People may look at a child having a breakdown or tantrum in a busy town centre and automatically assume they are just being naughty!

Autism is a developmental disability that can affect a person's ability to communicate, understand social situations, and interact with their surroundings. These deficits can make their lives very hard and confusing.

During Autism awareness month in April, the Autism Network decided to join others in promoting awareness of the condition, by using the video, in the hope that it would touch some people's lives and help them understand even a little more about Autism. Others marked the occasion in April by lighting buildings up blue, like the Empire State Building in New York City, Dublin's National Concert Hall and some parents even lit their homes up in blue.

**The video can be viewed on Youtube,**  
[www.youtube.com/watch?v=eJ6MayZoaS8](http://www.youtube.com/watch?v=eJ6MayZoaS8)

**For further information visit**  
[www.autismnetwork.co.uk](http://www.autismnetwork.co.uk)



## Silent Ears Loud Voices

**By:** Klever Productions, Youth Cornwall & Penwith Community Development Trust.

**Duration:** Five Minutes

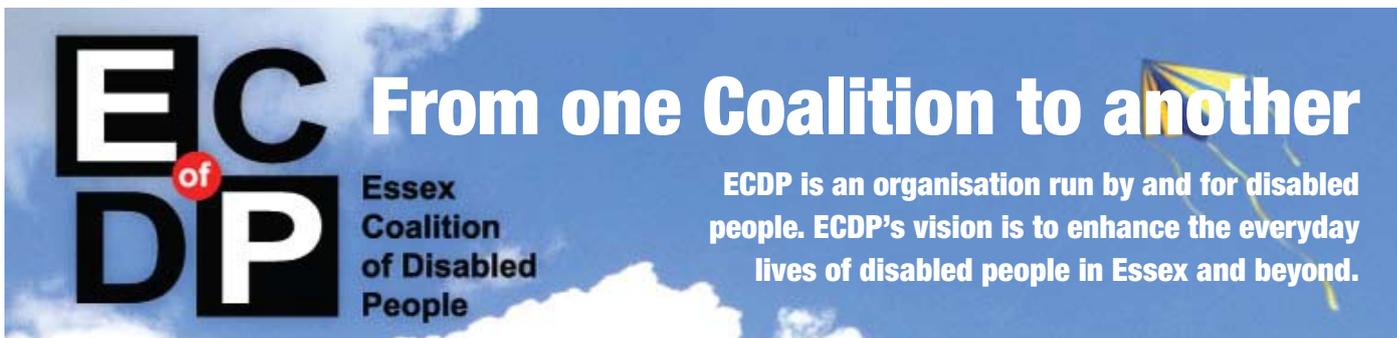
**Content:** The Cornwall Deaf Society highlighted concerns that a group of young people with hearing impairments wanted support to meet locally on a more regular basis and access local youth provision. So teachers from Hayle Community School, Youth Cornwall and Penwith Community Development Trust met with the young people and as a result of this they started to meet on a regular basis over a nine-month period for outings, meetings and activities.

The group identified some of the issues they face on a daily basis and turned the discussion into a DVD, with local filmmaker Matt Reid of Klever Productions. The script was based on their own experiences but the characters were fictional. Each young person took on a different role including directing, filming, props and acting, so not all of them appeared in front of the camera.

The DVD was showcased at the International Women's Day Conference organised by the YWCA and attended by three members of the group who introduced their work to the audience.

When the film project concluded in the spring of this year, there was a noticeable change in the confidence levels of the group members and they were also introduced to other services available to them.

**Contact Bernie Hall for further information**  
**T: 01736 334686**  
**E: [bernie@pcdt.org.uk](mailto:bernie@pcdt.org.uk)**



The Essex Coalition of Disabled People examined the new Liberal Conservative Government's 'Programme for Government', and what follows is a brief list of some of the main points pertaining to disability or disabled people.

### Crime and Policing

Promote better recording of hate crimes against disabled, homosexual and transgender people, which are frequently not recorded.

### Jobs and Welfare

- Encourage responsibility and fairness in the welfare system, providing help for those who cannot work, training and support for those looking for work, but sanctions for those who turn down reasonable offers of work or training.
- End all existing welfare to work programmes and create a single programme to help all unemployed people get back into work.
- Ensure Jobseeker's Allowance claimants facing the most significant barriers to work are referred to the new welfare to work programme immediately, not after 12 months as is currently the case.
- Ensure receipt of benefits for those able to work is conditional on their willingness to work.
- Support National Minimum Wage because of the protection it gives low income workers and the incentives to work it provides.
- Re-assess all current claimants of Incapacity Benefit for their readiness to work. Those assessed as fully capable for work will be moved onto Jobseeker's Allowance.

### NHS

- Ensure a stronger voice for patients locally through directly elected individuals on the boards of their local primary care trust. The remainder of the board will be appointed by the relevant local authority or authorities, and the Chief Executive and principal officers will be appointed by the Secretary of State on the advice of the new independent NHS board. This will ensure the right balance between locally accountable individuals and technical expertise.
- Help elderly people live at home for longer through solutions such as home adaptations and community support programmes.

ECDP is an organisation run by and for disabled people. ECDP's vision is to enhance the everyday lives of disabled people in Essex and beyond.

- Strengthen the role of the Care Quality Commission so it becomes an effective quality inspectorate.
- Put patients in charge of making decisions about their care, including control of their health records.
- Commit to continuous improvement of the quality of services to patients, and to achieving this through much greater involvement of independent and voluntary providers.
- Give every patient the power to choose any healthcare provider that meets NHS standards, within NHS prices. This includes independent voluntary and community sector providers.

### Political Reform

Introduce extra support for people with disabilities who want to become MPs, councillors or other elected officials.

### Social Care and Disability

People needing care deserve to be treated with dignity and respect. The Government understands the urgency of reforming the system of social care to provide more control to individuals and their carers, and to ease the cost burden they and their families face. The government will:

- Establish a commission on long-term care to report within a year. The commission will consider a range of ideas, including a voluntary insurance scheme to protect the assets of those who go into residential care, and a partnership scheme as proposed by Derek Wanless.
- Break down barriers between health and social care funding to incentivize preventative action.
- Extend the greater roll-out of personal budgets to give people and their carers more control and purchasing power.
- Use direct payments to carers and better community-based provision to improve access to respite care.
- Reform Access to Work, so disabled people can apply for jobs with funding already secured for any adaptations and equipment they will need.

# What will the new Coalition Government mean for disabled people?

Well, it's early, but here are my first impressions.

Firstly, they made it clear their biggest concern is getting public finances in order. Even if Labour were in power, the reality is about £60bn per year must be cut. Our problem as disabled people is we are the section of society most dependent on the state. Unless government deliberately cuts budgets in those areas which affect disabled people less, we will be most affected by the cuts that will be coming. We must be ready to make our concerns vocal, otherwise other pressure groups will influence government to push even more of the burden of the cuts onto us.

Secondly, we don't obviously seem to be a high priority for this government. The Minister for Disabled People will continue to be a third rank minister at the Department for Work and Pensions. Maria Miller, Tory MP for Basingstoke, has been appointed. She was involved in a campaign about extending Blue Badge entitlement for young disabled children but otherwise we wait to see her credentials.

Thirdly, the themes that came up in the election campaign which most affected us were generally negative. There was a lot about hard-edged welfare reform which may accelerate the push to re-designate disabled people as fit for work. It will be important for people to know their rights if this happens to them, when it is clearly inappropriate. Iain Duncan-Smith's appointment as Work and Pensions Secretary means we can expect to see radical reform on benefits, possibly replacing existing benefits with two universal ones – one for people out of work and one for people who need support whether or not they work. If this is done well, it could mean we find an easier single assessment route to benefits, making it easier to move into paid work if we can and want to. If done badly, many disabled people may end up with less money. Disabled people need to be ready and willing to engage



*Andy Rickell*

with government on this issue. Simplifying benefits is in our interest, reducing the amount for those in need is not.

Another theme was that of social care. Mostly it was about the future of funding, because all parties decided they are not prepared to pay the full cost of our support from general taxation. The bad news for disabled people is social care is spoken about by politicians as if it only concerns older people, whereas half of social care money is spent on disabled people under 65. Unless they understand this issue properly, that needs of older people and disabled people can be very different, particularly the ability to pay and length of time support is needed, the proposed solutions could cause additional problems, on top of the general problem that money is likely to be cut from the social care budget. The only bit

of good news was in the leaders' TV debates, David Cameron talked about how good direct payments are, and we should use his personal endorsement to encourage rapid reform across government, for us all to have real choice and control over the individual funding we are entitled to.

Finally, it's unclear how the coalition will pick up on the disability rights agenda. The Tories proposal to repeal the Human Rights Act has been watered down in the coalition manifesto, but under the cuts agenda, organisations like the Government Equalities Office, the Equality and Human Rights

Commission and even the Office for Disability Issues may not have a future. It will be even more important that disabled people have strong local disabled people's organisations to defend their rights.

## By Andy Rickell

**Chief Executive  
Vassal Centre Trust**

**Andy is a regional representative of Equality 2025, the independent body that advises central government on disability equality issues.**

**Andy lives in the South West and writes this article in a personal capacity.**



## Active8 check out Center Parcs

**By Emma Ruskin and Alley Reeve supported by Active8**

Center Parcs is an activity complex which hosts a range of indoor and outdoor activities to suit a range of ages and abilities. When 'Active8', a group of teenagers with varying physical impairments, spent a week there, we thoroughly tested almost every aspect of what Center Parcs has to offer, including; fencing and bush craft, the amazing swimming pool, the train and minibuses, bikes and scooters and of course the chalets.

Upon arrival, the accommodation received 10 out of 10 however, the consequence of having eight teenagers and nine carers, resulted in us testing the Center Parcs services to the limit! We were impressed with the accessible accommodation with alarm call system; music in the shower, adjustable beds and adaptable kitchenware, even the smoke detector did its bit to ensure a fun filled week! The modern interior definitely possesses a certain 'wow factor' as reflected by the price.

During our time at Center Parcs, we tried to cram in a wide range of activities for the group to participate in and

enjoy. Most of the activities were open to us however, some instructors were more accommodating than others and to some of the girls in the group younger male instructors were more preferable. As well as instructed activities, badminton courts, table tennis and mini golf are also available to hire and there are shops and restaurants scattered around site, many of which are situated at 'The Plaza' which seems to be the focal point of the site. The swimming pool is open to everyone with great access to the indoor pool, helpful staff as well as a hoist and change table. Help is also given when accessing the outdoor pool however, there are steps to get into the outdoor pool and the rapids are only suitable for more able bodied, independent swimmers.

Once you have picked where you wish to go to you have to decide how you're going to get there. Center Parcs covers such a large area that your own set of wheels is almost vital to day to day life on the park, unless you wish to be extremely tired or are a keen walker, which none of us really are, hence why we hired a handful of bikes and mobility scooters. Other ways which were useful in getting around were the trains and mobility bus which can take you literally door to door, fantastic until it broke! However, if walking is your preference, although there are set pathways to walk on, be prepared for lots of hills and due to atmospheric lighting, a torch is recommended for non-daylight hours. Although beautiful



and very fitting, the lighting may cause difficulties for people with visual impairments.

Center Parcs are one of the most accessible holiday venues we have been to, from three-dimensional maps to moving the fencing lessons out of the squash court and into the main sports hall. They were very accommodating, providing you gave enough 'notice', and we pre-booked the majority of activities which did give them time to cater for the groups' needs. Even the health and safety officer phoned to make sure we were happy that bush craft took place in the woods, off the hard path, and then sent pictures to confirm its location. Although physical impairments are becoming better catered for, they are still not ideal, as there are no adaptations to the high ropes or adventure activities for example. For people with sensory impairments Center Parcs are working on becoming more supportive alongside Sense (the leading national charity that supports and campaigns for deafblind children & adults). They have a way to go though, from the strange lighting in the sports hall to the noise levels in the swimming pool, but they're definitely better than most, you just need to talk to them.

The physical access meant we were able to do things for ourselves which at home we often need support to do, such as doing the shopping, buying presents,

playing badminton by ourselves and going to the bar without an adult. What more do you need from a holiday?



Active8 is a youth group for people with physical impairments, without a major learning disability. If you are aged 12 -15 and would like to be considered for the next group please get in touch. For people 16+ with a physical impairment, alongside Barnardo's, we will be running more social occasions and fun sessions including skills to assist independent living. For more information please contact Josey.

**T: 07818 420 257**  
**E: [josey@active8online.org](mailto:josey@active8online.org)**  
**[www.active8online.org](http://www.active8online.org)**

# The sky's

By Nathan Doidge



**“Do you really want to do it?” my instructor, Mike asks as he prepares to get out of the aeroplane.**

**“Yes,” I reply, realising that despite my excitement at finally being given the chance to fly solo after over 43 hours of lessons, the expression on my face is one of complete and utter terror.**

I've dreamt of this day long before Flying Scholarships for the Disabled (FSD) awarded me one of their 35-hour scholarships with the British Disabled Flying Association (BDFA) last year. Now though, it's really happening and it is, without doubt, one of the most nerve-racking things I've ever done.

I watch Mike walk away toward the tower and then I look at the empty seat to my right, before mentally vowing not to look at it again until my flight is over. That way, I can pretend he's still sitting there but leaving me to do everything, as he has done many times before. I sit for a few seconds to compose myself before beginning my internal and starting checks. Once they are done and the engine is running, I 'request taxi' from the tower.

When I first started learning to fly everyone, including myself, thought my speech impediment would be an issue when it came to using the radio but within the circuit at least, we were all proved wrong. Even so, now I'm on my own hearing the usual reply from the tower is a great relief. To make it easier for me they have suggested I just say my call sign, and an abbreviated one at that, when I would usually read back the

information they gave me, so now I've successfully made my initial call I should be okay.

I take a deep breath before releasing the brakes and taxiing slowly between the rows of parked, fragile-looking aeroplanes to the area where I'll do my power checks. After they are done, I taxi to the holding point and tell the tower I'm 'ready for departure for circuit'. Okay, with permission granted to depart at my discretion, I'm really doing this. I enter the runway, line up with the centre line and open the throttle. With the take off speed reached, I pull back on the yoke and as the ground drops away, I take another deep breath. I'm committed now; the only person in the world who can get this thing down in one piece again is me.

500ft; I turn onto the crosswind leg of the circuit. 800ft; I level off and when appropriate, turn downwind. After transmitting my downwind call and doing my landing checks, it's nearly time to turn onto the base leg. Height is good, speed is good; this is going well. Even so, I ask out loud but not over the radio, that my late dad and half-brother be with me while I do this.

Now on the base leg, I slow the aeroplane down and lower the flaps; only two stages as usual as I find it difficult to release them from the third stage, which I would have to do if, for any reason, I have to go around again. Oh! I'm now turning onto my final approach to land, having lost very few of the 300ft I was meant to lose on the base leg. With no-one sitting in the aeroplane with me, I was perhaps a little over cautious when reducing the throttle and now, that go-around is looking likely. Still, I close the throttle completely and then 'report final' and set the carburettor heat to cold, while I wait to see how quickly I descend.

No, I'm still way too high and the runway threshold is already directly below me. I'm 'going around.' I fully open the throttle and have difficulty putting the flaps up. I suddenly realise I'm rushing, which always makes things more difficult for me. I take a moment to relax and then release the flaps easily, before telling the tower I'm 'going around.'

# the limit

On my second circuit, I ensure I reduce the throttle on the base leg a little more than before but realise I'm still too high. This time, I could probably land but I'd touch down half way down the runway. Here I go again then. What must Mike and everyone in the tower be thinking about this? "Please let me get down this time," I say during the downwind leg of my third circuit. Having grown quite accustomed to flying on my own and rather enjoying it now, I feel safer and more able to throw my previous caution to the wind while reducing the throttle.

As I line up for finals, this is looking much better. Nearing the runway threshold, I wonder if this time I may land very slightly short of it and momentarily add a touch of power to correct the situation, before closing the throttle completely and beginning to flare. Wow, this is looking good. I'm about to touch down now, so I straighten up by applying some rudder, as I have been allowing for a very slight crosswind. As I increasingly pull back on the yoke to maintain the flare, I expect to feel and hear the wheels touch the runway but it doesn't happen. Come on, touch down. I was almost perfectly on the centre line a few seconds ago and now I'm being blown toward the edge of the runway. If I bank even slightly at this height I'll probably land on one wheel, so if I don't touch down in the next second or so I'll have to go around again! Just then, to my relief, I touch down and I'm able to steer the aeroplane back on to the centre line and begin to gently apply the hand-operated parking brake which, because of the limited control of my feet, I use to slow down instead of the foot brake.

Taxiing back to the parking area, I take it very slowly; I don't want to muck it up now. I feel quite proud of myself as a transmission comes through from the tower; "Golf yankee yankee, congratulations on your first solo" and I hear Mike shout, "Yay," in the background.

Taking my headset off after parking and doing my shutdown checks, the realisation the milestone I



## DISCOVER *people*

have been working towards for so long has just been reached, hits me. Oh well, that's that then. I hope other people are excited I've done it and I don't have to find a way of stifling this almost involuntary smile, which has attached itself to my face.

I later realise I needn't have worried. Within two hours, my news spread around the airfield and I'm told I'm probably the most profoundly disabled person ever to fly solo. This is a title I'm very happy to hold, but let's hope I don't hold it for too long; there are probably people out there who are more profoundly disabled than I am and would be perfectly capable of going solo, if only they realised it was possible and were given the chance to try. Anyway, I now have my sights set on

another title – the most profoundly disabled person ever to gain their pilot's licence.

If you would like to assist Nathan and others like him to progress their flying training more quickly, without cost being a limiting factor, donations can be made to the BDFA's new Hardship Fund, inspired by Nathan, who will be the first beneficiary.

**[www.justgiving.com/bdfahardshipfund](http://www.justgiving.com/bdfahardshipfund)**

If you have a disability and would be interested in learning to fly yourself, check out the BDFA's website: [www.bdfa.net](http://www.bdfa.net) or the Flying Scholarships for the Disabled (FSD) website: [www.toreachforthesky.org.uk](http://www.toreachforthesky.org.uk)



# your views, your say, your letters



## A LIFE CHANGING COURSE

Over the years I've experienced many stressful situations, mainly relating to my health and through this have regularly found myself not knowing where to get help or advice and this, in turn, has left me feeling very isolated.

In 2009, I came to a point in my life while trying to find a job, where I'd had enough and felt like giving up because I was so tired; my life was not a good place to be. Fortunately I went to A4e (Pathways) in Camborne, who referred me to Cornwall Neighbourhoods for Change (CN4C) who put me on a course in assertiveness & confidence which made me realise that somewhere, I had somehow lost my way. I had become a robot with no direction and didn't know who I was anymore. The course opened my mind and gave me back my identity as a person, making me feel different about the way I see things and the way I feel about myself. It showed me how a positive approach to situations can make you handle things differently, knowing what you need to achieve and with communication techniques to obtain the help you need.

The reason I have written this letter is, if anyone feels the way I did and are not coping too well with health or other issues, I would advise going on this type of course. Through discussion, meeting people and listening to the problems of others, you can change your outlook on life. This could especially help if you or your partner has been diagnosed with a condition and you have mixed emotions about the way you both feel; guilt, fear, isolation etc. It could help you deal with it together so you can get the help you need thereby also helping family members. Thank you for reading.

**Jane Huxtable**  
Camborne

## AA VS RAC

A recent trip to Kettering for Cornwall's powerchair football squads took an unexpected turn when two of the vans used to transport the players, broke down. It became apparent that both vehicles would need to be recovered to their respective homes - one courtesy of the Automobile Association (AA) and one by the Royal Automobile Club (RAC). We thought DISCOVER readers would be interested in the contrast of the service provided.

Van 1 was attended by the AA and an understandably 'stressed' family were greeted with a complete lack of interest and understanding, followed by many irate phone calls to an AA call centre. It became clear Mum could travel home with the AA van but her son, the full-time wheelchair using player, would not be able to travel with her.

Van 2 was seen by the RAC who were fantastic and having diagnosed the fault, set about trying to arrange recovery for the van along with transport home for the family. However, the RAC were also unable to transport the player, a full-time wheelchair user.

Here lay the problems. Firstly, neither recovery firm appeared to have thought through the scenario of how to 'recover' a vehicle carrying a disabled person. Secondly, local taxi firms were not aware of how to appropriately transport a disabled person in their wheelchair, using safe methods of securing the chair complete with occupant.

So come on AA and RAC and get your act together, sort out a network of competent, reliable, accessible back up, for disabled drivers/passengers and their families. Also, we would like to see local authority spot checks on how disabled people are transported using taxis, because despite the rhetoric citing 'we do comply', in this example and our own experience they often do not!

**Members of the Celtic Storm**  
**Powerchair Football Support Team**



## RE: THE CORNWALL ROLLING RAMBLERS

I was most interested to see the letter and photo in the last edition of DISCOVER relating to Cornwall Rolling Ramblers and I will be contacting them to join their club. In the picture you featured, the lead scooter was a 'Tramper' driven by a lady. I've owned one of these since May 2002, and here I am using it on the causeway at Birsay, Orkney.

I think there are about 19 private Trampers in Cornwall, but the good news for those who want to get out and about on one of these, is the manufacturer has a contract to deliver 40 of them over two years to the South West Coastal Path organisation. These are for use by the public on the path from Dorset down through Devon and Cornwall's south coast and then up the north coast path to the Bristol Channel. I understand the hope is they will be left at various pick up points, such as cycle hire depots, so you can pick one up in one spot and leave it at another. My only connection with the maker, Beamer, is that of a very satisfied customer.

**Edward Bailey**  
**Launceston**

## DIY HOSPITAL SERVICES

As I have Charcot Marie Tooth Disease, my feet 'drop down' and I wear foot supports to keep them up, otherwise I would trip up.

Last summer the physiotherapists at Marie Therese House in Hayle showed me exercises to keep movement flexible between my hips & knees and gave me 'foot up' supports for each foot. I already had a silicone foot orthosis (SAFO) for my right foot and on the left leg a plastic splint.

To order new ones, you now need a GP referral, but previously you could phone or go to the appliance department at The Royal Cornwall Hospital (RCH). I saw my GP at the beginning of September 2009 to order two sets, and because I had alternative supports to wear I wasn't really in a hurry for these until, three weeks later, walking down some stairs the velcro on the plastic splints came undone. I kept trying to press the velcro together, but every few steps it came undone and it was very difficult to walk.

So on the way home, I thought I'd go to the appliance department at the RCH. To me it was an emergency, but the receptionist said they don't accept 'drop in patients.' They told me to go through my GP or as I'm a patient of the orthopaedic surgeon, I could call his secretary. A kind and helpful gentleman at the Trelawney Wing help desk called on my behalf but she wasn't available until the following week. He also telephoned the orthopaedic directors' secretary whom I spoke with over the phone and she advised me to go to the physiotherapy department and explain my situation. I didn't realise then, but that's the same place as appliances! I went back, but yet again I couldn't get past reception.

At this point I gave up and was actually in tears. I didn't know how I was going to manage and felt very vulnerable and alone. My husband passed away in May last year and he always seemed to know what to do in a crisis. He would have either said; 'it's obvious they're not going to help, so let's go', or he would have fought my corner.

When I got home, I carried out DIY using velcro and evo-stick to repair it. It wasn't easy as my condition also affects the hands, but I fixed it.

At the end of October, the surgery phoned to say the 'foot-ups' were ready to be picked up, but when I picked up the parcel, it was only for one foot! The surgery said they sent what I'd been supplied in 2008, but in 2008 I had 'foot-ups' for both feet!

Fortunately the surgery has now sorted things out for me, but if I hadn't been able to fix the splint myself at first, I wouldn't have been able to go very far. I hate confrontation and don't want to fall out with anyone but I also don't want this happening to anyone else, or me, again in the future!

**Valerie Canavan**  
**St Ives**

# your views, your say, your letters

## RE: FUEL TAX NEEDS JUSTIFYING

First of all many thanks for your excellent magazine, it seems to get better and better, especially now Crippen has joined and it's always full of news and interesting articles.

However, I must take you to task re: the letter from Petrolhead in Mabe. It announced that disabled drivers of adapted cars 'do not pay tax.' I wonder where Petrolhead got that idea from as I most certainly pay my road tax and full insurance? Sweeping statements need to be carefully checked before printing.

Could I also dispel another commonly held myth that drivers simply get into their newly adapted cars and drive away! There is a stringent test to be taken consisting of an in depth oral test with the instructor, written four part test, drive in a simulator and then out onto the road with the instructor. Tests can only be carried out at accredited DVLA centres and we were fortunate in this area that our centre is at the excellent Mobility Centre in the grounds of Truro's Royal Cornwall Hospital.

It isn't easy becoming seriously disabled after many years of being very active. Carry on with the good work.

**Barbara Thompson**  
Helston

## EDITORIAL REPLY

Many thanks for your letter Barbara and we are pleased to hear you enjoy DISCOVER. It's important to note that anyone can write in to us and, within reason, all letters may be published without censor.

Petrolhead's letter was referring to the fact that usually all vehicles on the road are liable to Vehicle Excise Duty (VED), better known as road tax. However, exemption from VED for one car only is given to some disabled people. If you get the higher rate mobility component of disability living allowance or war pensioners' mobility supplement you, or someone you choose to nominate in your place, can apply for exemption from VED. Anyone receiving higher rate mobility component (or war pensioners mobility supplement) may automatically be sent a VED exemption form. You can then use the certificate issued by the Department for Work and Pensions as proof of exemption when applying for a 'tax exempt disc' from the Vehicle Licensing Centre. If you are getting higher rate mobility

component and have not been sent an application form, or want guidance on it then please contact DIAL T: **01736 759500**.

## WHERE'S THE DUNKIRK SPIRIT?

First her x-ray indicated Alzheimer's. Three years later another consultant suggested it was Vascular Dementia, but no further x-ray was offered. Two more years and two more x-rays finally showed Frontal Lobe Dementia.

Six long years to define her illness. Six long years of conventional medical and care treatment. Kind, but placid responses: 'No treatment, no cure' accepted by the health professionals.

Where's the urgency?

Nothing but platitudes. There's no 'Dunkirk Spirit' to fight dementia. Pharmaceuticals worldwide are aware of the pot of gold if a cure is found. But in the meantime there's money to be made in a huge 'hope' market.

Governments, support services, support industries, care homes. 'No treatment, no cure' breeds countless research projects, but where's the 'Dunkirk Spirit'?

It's too late for my Irene; she slipped away from me a couple of months ago. Please don't let it be too late for others.

**John Brown**  
Penzance

## It would be great to hear from you

**Citizens journalism is what DISCOVER is all about, so please keep sending us your letters.**

**When our readers write to us regarding their issues of concern, they can rest assured that a copy of DISCOVER is sent directly to the service provider in question, highlighting their letter and requesting an appropriate response.**

**Please note we will do our best to publish your letters in future editions and that they may be shortened or edited for clarity.**

# Truro and Penwith College



## Every Child Matters

University level short courses are an exciting new way to gain higher level credits. All courses are part of our wider higher education provision and are quality assured by the University of Plymouth.

### Module

Every Child Matters is a shared programme of change to improve the outcomes for all children and young people. This short course is 30 taught hours over 10 weeks and runs at venues around the County throughout the year.

This module provides 20 credits for those who want to progress on to a Foundation Degree.

There are other modules available in a whole range of areas. For further information visit our website:  
[www.trurocollege.ac.uk/success](http://www.trurocollege.ac.uk/success)

### Funding

If you are employed you may only have to pay £125.00 although some bursaries are available. If you are unemployed then you may be able to study one SUCCESS course free of charge.



## Taxi, Private Hire and Community Transport

BTEC and NVQ courses are an exciting way to gain vocational qualifications in the industry. All courses are nationally accredited by Edexcel and City & Guilds and can lead to a better understanding of the Passenger Transport Industry.

### Programme

The Taxi, Private Hire or Community Transport programme will support drivers in the transport industry through two qualifications. The short course is 30 taught hours over 10 weeks at venues across the county throughout the year.

Learners will achieve the Level 2 BTEC in Transporting Passengers by Taxi, Private Hire or Community Transport. This maps into a Level 2 NVQ in Road Passenger Vehicle Driving. The two qualifications dovetail perfectly and are delivered together.

**It will shortly be a requirement for drivers and operators holding contracts with Cornwall Council Passenger Transport Unit to hold the qualifications.**

### Funding

Funding is currently available for these courses for eligible learners.



## Community Learning & Workforce Development Team

Truro College, College Road, Truro TR1 3XX  
t: 01872 267050  
e: [workforce@truro-penwith.ac.uk](mailto:workforce@truro-penwith.ac.uk)  
w: [www.trurocollege.ac.uk/wfd](http://www.trurocollege.ac.uk/wfd)





*Katie*

## Disordered minds

Ok, so I had what I called 'phases,' periods of depression and times when I felt 'buzzy'. Sometimes my state of mind would change uncontrollably within a matter of minutes. But that wasn't so strange, was it? This feeling would come from nowhere, or should I say lack of feeling? It could overwhelm me, tainting my ordinary thoughts with a sinister edge, bringing all the negatives I would normally push away to the fore, apathy ruled.

I've not been a good sleeper since I hit my teens, insomnia or waking in the early hours was a regular thing for me, sometimes more frequent than others. Sometimes, after a period of bad sleep, I'd have this feeling, this energy; I was restless, brain buzzing, creativeness coursing through me. I would do things impulsively and at speeds I wouldn't normally, darting from one thing to another. But that was just me right, part of who I was, my personality? Perhaps not.

I noticed my depressed phases would have 'triggers', normally I would identify what had set me off, work through it mentally and find an outlet like a fast walk, the stronger the feelings the faster I'd walk until I felt better, or would cry. I didn't really think about the 'buzzy' times much, I just noticed the difference when I was 'in that phase'. Last time none of that worked. I couldn't find my trigger, spiralling downwards and my mental health hit an all time low. I felt like I was losing my mind. The walking didn't work, my eyes stayed dry and I remained depressed. I would have moments of 'normalness', usually with my friends, when I had to try and hide the extent of my internal struggle and fight the withdrawal from the situation I was feeling.

After about six weeks I came through. Then I read an article that I totally identified with, so I began my research to confirm it and being able to put a name to how I'd been feeling felt great, like I was finally understanding a huge part of myself. I was slightly tentative to accept it but couldn't ignore the evidence.

**Bipolar:** This manic-depressive disorder causes serious shifts in mood, energy, thinking and behaviour. There are four types of mood episodes in bipolar disorder; mania, hypomania, depression and mixed episodes. Common symptoms of mania can be when people feel extremely optimistic, or irritable, have a decreased need for sleep while feeling very energetic, have impaired judgement, racing thoughts, pressured speech, and many feel a break with reality. In severe cases hallucinations can occur. Hypomania is a milder form of mania and without the hallucinations. Bipolar Depression differs from usual depression, antidepressants don't tend to help and can even trigger a manic/ hypomanic phase. Sadness, guilt, apathy, lack of motivation, irritability and suicidal thoughts can be features of this.

Bipolar is difficult to establish as it manifests itself differently within people. What interests and infuriates me is how it's commonly overlooked as 'teenage mood swings', a by-product of our hormones running riot.

Even now I understand it so much more and can begin to learn how to control it, but I can't always. I somehow thought that if I recognised I was beginning a 'phase' I could stop myself. I felt a change in myself not long ago, symptoms of a hypomanic phase, so I thought I would be fine as I could control it. I felt ok and that I was acting normally in school, but throughout the day various friends asked me what was up, that I was acting strange, not myself. This shocked me because I hadn't realised, wasn't aware of it. It also scared me too.

I'm grateful for the fact I have managed to identify it early and begin to take control of my life, rather than let Bipolar rule it for me with a confused, alternating state of mind. There were times in the past I wish I could blame the disorder for how I acted, but I know that that was me and not the Bipolar and distinguishing that is important. You have to find yourself, find your individuality among the psychological chaos and accept responsibility.

# TOMORROWS WORLD

For various reasons which differ from person to person, many disabled people find it difficult to use a computer. Read on to find out how the AccessAT and AccessFun software collections by AbilityNet may provide much sought-after solutions for many...

## AccessAT

The AccessAT collection comprises a huge range of 'OpenSource' and freeware solutions including tools specifically designed for people with visual impairments, physical disabilities and dyslexia to name a few, such as thunder screenreaders, virtual magnifying glass, vu-bar and screen tinter lite. These add access functionality far beyond those features built into Microsoft Windows and have been tried and tested in schools, colleges, learning centres, offices and in the home.

## AccessFun

Whatever your views on children being stuck indoors playing computer games it's an experience most young people have nowadays, but one which many people

with disabilities miss out on, due to a lack of ability to use them.

Drawing on the very best of what is available on the internet, AccessFun is a 'pendrive' containing over 50 applications to entertain and amuse children of almost all abilities. These include arcade games for single switch users, games for blind people, animated stories and single switch activated songs, all of which are easily accessible through a menu system. Although not all of these resources will work on all computers or with all switch interfaces, AbilityNet say there really is something for everyone.

AccessAT and AccessFun can be bought separately or together at a discount, and AccessAT can also be bought with a switch interface or single switch at [www.abilitynet.org.uk/newsarticle72](http://www.abilitynet.org.uk/newsarticle72). The many authors of all this software have generously given AbilityNet permission to distribute it. AbilityNet are not charging for their software only for the costs of collation, testing and distribution.



The Cornwall Multiple Sclerosis Therapy Centre exists to deliver a wide range of treatments and therapies along with the support and fellowship to those who are living with Multiple Sclerosis, their families and their carers'.

The new Centre opened its doors in April '09 and gives clients access to otherwise illusive, life enhancing orthodox and complimentary therapies.

Although principally for those with M.S., many other conditions are treated, including, Arthritis, M.E., Sports Injuries, Fractures, Tinnitus and much more.



All are welcome to use the Centre if they feel they will benefit from any of the following treatments:-

- High Dosage Hyperbaric Oxygen Therapy
- Physiotherapy
- Osteopathy
- Aromatherapy
- Reflexology
- Facial Reflexology
- Deep Tissue Massage
- Spiritual Healing
- Counselling
- Yoga
- Pilates

For more information on how the Centre can help you, contact us on:-

Bradbury House  
Hewas Water  
St Austell  
Cornwall  
PL26 7JF

Telephone:  
01726 885530

Email:  
[merlinproject.org.uk](mailto:merlinproject.org.uk)

Website:  
[www.merlinproject.org.uk](http://www.merlinproject.org.uk)

charity number:  
1093691

## The Cornwall Multiple Sclerosis Therapy Centre



merlin project

# ROBO NURSE?

The Forth Valley Royal Hospital in Scotland is to become the first in the UK to use a fleet of robots to carry out day-to-day tasks. The robots will carry clinical waste, deliver food, clean the operating theatre and dispense drugs.

The robots who are currently undergoing final tests ahead of the August opening, will have their own dedicated network of corridors underneath the hospital. NHS Forth Valley chairman Ian Mullen said the new hospital would be 'packed full of design features to improve patient care and improve the lives of staff'. He added: "Members of staff will use a hand-held PDA (Personal Digital Assistant) to call up the robot to move meal trays, or linen, or whatever. The robot will come up in the service lift by itself, pick up the item and go back into the lift."

Tom McEwen, the project manager for manufacturer Serco said a series of pre-programmed routes would be set out for the robots to follow. "The robots will follow the system using a series of laser beams which will tell it exactly where it is," he explained. Computers on board the robots will be able to tell doors to open and sensors will tell the robots to stop if anything, or anyone, is in the way.

One of the most valuable aspects of using robots is in controlling infection. "Traditionally clean and dirty tasks are carried out by the same person," infection control nurse Lesley Shepherd said. "Here, you'll have the robots that do dirty tasks, so they may take dirty linen or clinical waste away, and you'll have robots for clean tasks, such as bringing meals and clean linen to patients. They have separate lifts so there's no way they can cross, which is great.

Other robot models will clean theatre floors and even dispense drugs at the pharmacy.

Managers said the robots would not replace humans but would free up more time for staff to spend with patients. They will also have to keep at least one human on standby, should any of the robots break down.

Photo courtesy of Heckler Spray



Stevie Wonder

## Stevie calls for a wonderful world

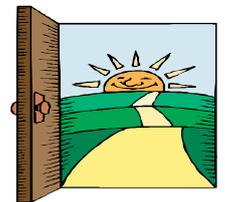
The 40th anniversary of the world's most famous festival, Glastonbury, was closed on the Sunday night with a poignant plea from Stevie Wonder, at the end of his memorable performance.

*"I want you to encourage the world to make things more accessible for those who are physically challenged," he said. "Make it more accessible. Let there be nowhere that I can't go being blind, that someone cannot go being deaf, someone cannot go being paraplegic or quadriplegic. Make it accessible so that we can celebrate the world as well as you can."*

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Naomi Kent

## Would you like the chance to get involved with Parliament?

Everyday decisions are made in Parliament, which directly affect our families, communities, workplaces and environment. From public transport to the minimum wage, healthcare and climate change, these issues affect everyone and are decided upon by Parliament.

As a disabled person or their representative, you can bring valuable experience and expertise to these decisions. But it's not always obvious which is the best way to get involved.

That is why the Outreach Service has been set up by Parliament. The service works with individuals and organisations throughout the UK to spread awareness of Parliament's work and processes and its relevance to everybody's lives.

We provide a variety of workshops and talks which explore how Parliament works, how laws are made, what Select Committees do and most importantly; how you can get your voice heard in these processes. You can learn how to contribute to the creation of legislation, how to submit evidence to a Select Committee and how to work with your MP to raise an issue at Parliament.

We are holding a workshop in partnership with Disability Cornwall on 23 September 2010 in Hayle. As well as providing tea and cake, we will explore what Parliament is, what it does and how you can get involved. You will leave with practical tips on how to engage in Parliamentary processes. It is free, open to all and very informal. To book a place, please contact Naomi (contact details below).

If you are unable to attend but would like your own training event, we can provide a free, tailored session for your group with a date, time and venue to suit you. These can last from an hour to a whole day. If you are interested in organising a session, please contact Naomi Kent, Parliamentary Outreach Officer for the South West.

**T: 07917 488148**

**E: kentn@parliament.uk**

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# All paths lead to the centre



*Cornwall's first ULO network meeting at Disability Cornwall's Warehouse*

Regular readers of DISCOVER will be aware Disability Cornwall has undertaken research into Centres for Independent Living and how one might take shape in Cornwall. A big 'thank you' to all individuals and organisations that took part in our online questionnaire and workshops. The feedback we received, combined with ongoing developments taking place not only within Disability Cornwall but also within the Department of Health, means Cornwall might be closer to a Centre for Independent Living than you might think.

What is a Centre for Independent Living? These centres or CIL's originated in America in the 1960's, when groups of disabled people were radicalised by a civil rights movement that demanded rights and freedom for all. The 'social model' of disability gradually replaced the view that professionals knew what was best for disabled people. Barriers to full inclusion in society were not inherent in disability itself, but were the result of negative social attitudes and physical barriers presented by the environment. An example of how these can be overcome is the introduction of dropped kerbs – wheelchair users could now negotiate the outside world independently, without reliance on assistance from another person. As we know, it's not only disabled people who benefit from adjustments like these but parents wheeling pushchairs, elderly people and so on, the benefits have a ripple effect leading to more inclusive societies.

CIL's were vital components of this battle for equality – places where disabled people could come together, access support, share experiences and campaign as a united disabled people's movement for positive change.

Fast-forward 40 years and to Cornwall 2009. The Life Chances of Disabled People Report 2008 states 'all local authority areas should have a user led organisation modelled on existing Centres for Independent Living in place by 2010', and Cornwall's Department of Adult Care & Support commissioned Disability Cornwall to find out more. Expectations among disabled people were running high as Personal Budgets began to replace Direct Payments around the country, giving them more choice over their independent living needs. Personal Budget recipients would need services like payroll and employer support ideally based within a CIL, to ensure they were shaped by and for disabled people themselves. The race was on.

Our initial research indicated there are many different CIL models out there; some are physical buildings housing like-minded organisations sharing overheads and back office support, but others are networks of organisations who operate virtual centres online. What would work here? What did disabled people, carers and their respective organisations want to happen in Cornwall, with our unique geography, fragmented and 'hard to reach' public services and a thinly spread voluntary sector, serving a wide range of need across the impairment spectrum?

Response to our survey was varied and largely positive, but one critical theme was emerging; location, location, location. How could Cornwall possibly hope to serve the needs of disabled people and carers from one building? Quite apart from the question of the resources required to purchase and run a large building, where in Cornwall would it be placed to ensure most people would be able

to access it with ease? After all, no resource aimed at increasing choice and control would really get off the starting block if most people wouldn't physically be able to access it, due to the logistics and expense of travelling in Cornwall! There were other voices too, those thinking Disability Cornwall was embarking on a massive takeover bid of the voluntary sector, swallowing up local groups in the quest for empire!

The answer finally came with an opportunity from the Department of Health, who realised that a network of organisations would be the most effective way forward, to ensure all groups, regardless of size or status could have an opportunity to become involved. An application later and funding was secured for Disability Cornwall, as a pan-disability body, to become the 'hub' for a network of user-led organisations (ULO's) in the county. Designed to build capacity and capability into disability organisations, at a time when demands on their services are likely to increase via personalisation of public services and increased expectation, a ULO Network with a hub and spoke approach, will be the most efficient way to maximise the reach of smaller organisations and increase sustainability via shared resources and partnership working.

## ULO not UFO

So, what is a ULO? A 'user-led organisation' is any group whose members and service users actively lead in designing and shaping its activities. This could be a few individuals coming together to start an allotment, or a disabled people's organisation like Disability Cornwall, with a formal constitution and management committee comprising at least 75% disabled people. While organisations can be user-led to a greater or lesser degree, one of the aims of the Cornwall ULO Network will be to identify ways in which we can all shape our activities to more accurately reflect the needs of our members.

ULO's have been identified by the Department of Health as key drivers for improvements in public services, as users of services are ultimately the 'best experts in their own needs'. As traditional models of public service delivery, where professionals control the range and type of services available, give way to services shaped around individual and community need, a strong network of ULO's with the capacity to effectively represent their members as well as deliver services, is vital.

## First steps

The first meeting of the Cornwall ULO Network took place in May at Disability Cornwall's new conference facility 'The Warehouse' and was chaired by Dr Theo

Blackmore of the UK Disabled People's Council. Terms of reference were discussed and themes set for a series of workshops to take place during the year.

One of these will be: 'Personalisation: Opportunities and Challenges'. Opportunities, because the disability sector now has a unique opportunity to shape services as they become more user-led, and through tendering for social care and health-related support services traditionally provided by the public sector. Challenges, because it's clear there will be less money available to meet the increasing needs of an ageing demographic: Even if there were no recession, charities and voluntary groups will face increased demand for their services, potentially leading some to buckle under the strain.

The Network represents a coming together of groups who individually might not be in a position to deliver services to large numbers of people, but by sharing expertise, experience, learning and perhaps forming strategic partnerships, will have a fighting chance of survival and continue to deliver the support services so often undervalued, but nonetheless vital to many in Cornwall.

## Independence Choice and Control

There is an added opportunity here too; to develop what has been lacking for so long in Cornwall – a united disability voice with the power to inspire, inform and challenge on issues of concern. While individually our voices might not carry much weight, together we could be a force to be reckoned with. Feeding into LINK, Cornwall Council and the Voluntary Sector Forum, there is real scope to ensure the voice of disabled people does not get lost in the clamour for resources that is bound to ensue. A coordinated disability voice could raise awareness and expectations among those who, for too long have had little control over their life chances, in a system dominated by professionals with little insight into their lives. Independence, choice and control, it's not really too much to ask – is it?

*The Cornwall ULO Network members are: Active8, Age Concern Cornwall, Bufferzone, Cornwall Blind Association, Cornwall Deaf Association, Cornwall People First, Disability Cornwall, Enable, Mid Cornwall Lifestyles, Origo, Parent Carer Council Cornwall, Pentreath Ltd.*

*The full Centre for Independent Living questionnaire report will be available via the new Disability Cornwall website soon.*

# My second childhood

by Andy Ashbridge



**A**fter a career as an engineer in the Merchant Navy, working as an instructor for Outward Bound in Scotland, building and living on my own yacht, it wasn't until I was 38 years old that I found myself settling down, starting a family and applying for my first mortgage.

Shortly after, I started to have problems with my balance and co-ordination and couldn't even play football with my young children without falling. I visited my GP, followed by a neurosurgeon and finally a neurologist. After four MRI scans, numerous blood and genetic tests and a full set of x-rays, I was finally diagnosed with a condition called ataxia with no known cause.

My first reaction was ataxia, what's that? Numbly I went home to find out more. Ataxia is a rare, untreatable, neurological condition, which becomes progressively worse with time. People with ataxia have problems with their speech, co-ordination, balance and walking. I was having to face changing from an adventurous and independent person to becoming reliant on others. Fortunately, the remainder of my mind is not affected, although I sometimes find this more frustrating as I can easily remember what I used to be able to do!

At 48, the refinery I was working in carried out an assessment and it was decided it had become too dangerous for me to continue working in an engineering environment.

So what next, I had been advised to stay positive, but how? I had to accept I was not going to beat my condition and would have to adapt my life around it. I decided to go to university, which is how I came to Cornwall and was one of the oldest mature students,

definitely the oldest disabled student, on the campus. Importantly at university, in a safe environment, I had the time to accept my condition and the changes and limitations of my present life.

Because of my disability, when I finished university I was effectively facing early retirement. But like Compo in *Last of the Summer Wine* I decided to treat retirement as a second childhood, an adventurous time to be enjoyed!

Becoming disabled was a devastating blow that changed my life. It would have been easy to become depressed, but I tried to concentrate on the opportunities that becoming a disabled person had given me and the remarkable people, both with disabilities and without, I had met.

As an independent person used to helping others, asking for and accepting help was one of the hardest things I had to come to terms with. I have often found help is offered from the most unlikely sources. I'm still learning how to accept it to assist me in achieving my aims. I have found that to avoid embarrassment, disabled people will often accept well-meaning help when it is not asked for. Who would have thought the disabled person would need to help the seemingly more able bodied one?

My condition has definitely changed my outlook on life and no longer do I plan to attempt a new activity the following year. If I want to attempt it, now it's this year if at all possible and if I enjoy it, I can choose to continue it and if not, I tried it out while I still could.

So what of the future? Well, with suitable support I look forward to a long, independent, happy and adventurous second childhood!

# Cornwall Mobility Centre

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National Advice & Information Line  
Freephone: 0800 559 3636

# Retail therapy

Shopmobility provides scooters and wheelchairs for hire to anyone (over the age of 14 for scooters), regardless of whether they are temporarily or permanently less mobile. Each scheme is run independently but have joined together for marketing purposes. The schemes are established in five Cornish towns, with a new one opening in St Austell this summer.

To enrol, you need to provide proof of identity and fill in a registration form. You then receive training and a practice run so you feel confident with the equipment. Then you're free to roam around the local town or city centre! You only have to complete a practice session on your first visit, unless you need to change the type of equipment you use, due to a change in circumstances (such as health deterioration), which makes the original equipment unsuitable.

Also, this Summer the Go! schemes in Cornwall are releasing a 'passport' which is issued (one per user) when you enrol at any one of the participating schemes, which allows you to redeem one free use (when you bring your passport with you) at any of the other schemes.

It's recommended you book in advance to reserve equipment however, for some of the schemes only advance bookings will be taken. Some also require a refundable deposit to be paid on hiring equipment, so be sure to check when booking.

**Go! Truro** currently operates out of Moorfield car park in Calenick Street, Tuesdays to Saturdays from 10am to 3pm. Membership costs £5.00 and on receipt of a passport photograph this membership lasts for a year, (otherwise it's 30 days). There is no hourly or daily fee for hire but donations are gladly accepted. Advanced and 'on the day' or 'drop in' bookings are accepted.

**T: 01872 241813**  
**www.gotruro.co.uk**

**Go! Penzance** is based at the Wharfside Shopping Centre in Wharf Road. There is an option to become a member of the scheme but for all users there is an hourly, half daily or daily fee as appropriate. As opening times vary seasonally it is recommended you call before you arrive.

**T: 01736 351792**  
**www.gopenzance.com**



*Bill Wallis & Simon Jones  
at Go! Penzance*

**Go! Falmouth** is operated by Falmouth Town Management and from the One Stop Shop at 34 Church Street, TR11 3EF. Scooters are available for hire on a daily basis at £3 per day, Monday to Friday 9.30am – 5.00pm Bookings to be made 24 hours in advance.

**T: 01326 313553**

**Go! Newquay** operates from the Disabled Club in Tolcarne Road and you need to give 24 hrs notice to book a scooter via the Newquay Tourist Information Office.

**T: 01637 854020**

**Shopmobility Camborne** not part of the GO! Scheme, opened in May and operating from Camborne Community Centre, South Terrace, TR14 8SU. Only available through

advance bookings, 24 hrs notice preferable, but they will try to make arrangements in case of emergencies. There is no hire charge but donations are welcome.

**T: 01209 715457**

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# ➔ Easily Accessible Routes

This edition we have worked in partnership once again with the National Trust, supporting their plans to improve the access to the wonderful Penrose Estate in Helston.

## The Penrose Estate

### KEY FACTS

- ➔ **Directions:** Situated at the start of the B3304 Helston to Porthleven road. Park in the free Fairground car park next to Flora Motors garage, with a level but slightly rough surface or, follow our alternative suggestion, detailed later and park at the boating lake.
- ➔ **Terrain:** The first 400 metres of the route are on a level tarmac surface, which then changes to a rougher surface for the next 600 metres. At the entrance to the main parkland, the surface changes back again to tarmac through the park itself.
- ➔ **Distance:** The route from the car park along to the main parkland is approximately 1 mile long.
- ➔ **Refreshments:** The Coronation Boating Lake, located opposite the Fairground car park, has a good cafe and there are several pubs and cafes in Helston and Porthleven.

- ➔ **Public Toilets:** Accessible toilets are available in the cafe at the boating lake.

- ➔ **Wheelchair access / parking for Penrose parkland:**

There is a small, level, well surfaced parking area close to the parkland available for wheelchair users not following the route detailed below. Please contact the NT property office for further details.

T: 01326 561407

E: [Jacqui.laity@nationaltrust.org.uk](mailto:Jacqui.laity@nationaltrust.org.uk)

- ➔ **Ordnance Survey Map No:** OS Explorer 103 with a grid reference of SW654271





## ➔ SETTING THE SCENE

The Penrose Estate and Loe Pool is one of Cornwall's glorious surprises. Owned and managed by the National Trust since 1974, the estate and largest natural freshwater lake in the county is tucked between Helston and Porthleven. The massive shingle bank, Loe Bar, separates the pool or loe (from the Cornish word loeh) from the sea. The route takes you from the historic entrance of the estate on the outskirts of Helston and along the edge of Loe Marsh, an area of wet woodland. As you travel along the route you experience more ancient woodlands and victorian plantations, before the landscaped parkland with its glorious views across the pool, opens up in front of you.

## ➔ ALONG THE WALK

The Coronation Boating Lake is well worth a look first, it has good facilities and accessible parking, free to blue badge holders with a nil rated tax disc.

Considering the first 400 metres of the Penrose Estate walk are on a tarmac service, if you don't want to brave the rougher stuff then extending the start of the walk to incorporate the boating lake, still makes it feel you have had a decent length of walk and not just had to cut it short because of the terrain. The surface is smooth and level and you can exit towards Penrose by a chicane type of exit at the

far end of the lake, although exercise plenty of caution when crossing the road at this point.

You enter the estate next to the formal grey painted gate by the road but there is a significant kerb to step (or bump) down from first! We would recommend wheelchair users follow the pavement into the 'Helston Amenity Area', a pleasant natural grassy area that is also fairly flat and accessible, and take the first available right, which joins the path just beyond the grey gate. You are now on Helston Drive, a historic route into the estate since at least 1859.

As the drive curves left and right, look out for the huge ivy clad stone walls of Weeth Walled Garden. Originally built in the 19th century for growing and selling food for the estate, these now provide allotments for people living in Helston.

The surface is smooth with a number of wooden benches donated by the Helston Stroke and Multiple Sclerosis Societies, providing good places to stop, rest and enjoy the trees and birdsong.

Just beyond the wooden footbridge on your left, the surface changes and the old stone surface begins. It's rougher, with some sections being better than others, especially the left side of the path. To your left is the Willow Carr of Loe Marsh, a nationally important and rare type of wet woodland which fills the floodplain of the Cober River. This area is rich in wildlife, with water loving plants such as yellow flag iris and ragged robin along the path edges, willow trees laden with

## DISCOVER *places*

lichens and mosses, herons, and even otters have sometimes been seen feeding.

As you pass a granite and timber bench on your right, a link path goes off to the left into Willow Carr itself, presenting the possibility for some people of a circular route back to the car park. Although it's a fairly steep slope to start and a bit rutted, it's generally a wide path with a packed surface of slightly loose gravel so worth checking out. Be aware this path can become muddy in places at wet times of the year, but it's an opportunity to get right into the middle of an amazing habitat, a twisted, gnarled world. Turn left in front of a wooden bridge going along the riverbank, keeping the river itself on your right. It does get bumpy in places but it's generally fairly smooth for a natural path. Cross over another wooden bridge before a good, smooth path takes you back to the starting point.

Back to where we were on Helston Drive. You are now halfway to the parkland and as the track winds its way along an area of ancient woodland, likely to be medieval in origin, you begin to see your first glimpses of Loe Pool on your left, a haven for birdlife. There is a fairly smooth slope down to a bird hide, steeper than it might first appear especially when coming back up, but it's worth visiting for the sweeping views it commands of the lake and the chance of seeing a variety of wildfowl, including possible glimpses of kingfishers for the truly patient and observant.

The formal Parkland begins with the grey gate at Helston Lodge, today a National Trust holiday cottage. The gate can swing in both directions and can be difficult to negotiate for independent wheelchair users. After the boathouse, the surface becomes level again providing wonderful views across Loe Pool, the Parkland and to Penrose House.

Although we don't recommend it for everybody, for the more able and adventurous you can follow the parkland signs for Loe Bar and walk to the coast and Loe Bar itself, but it's fairly rough going.

### Feedback

The new tarmac surfacing on the first section of the main walk was completed in 2009, pilot surfacing improvements for the benefit of all. The long-term aspiration of the National Trust is to provide a good quality surface, not necessarily tarmac, along the whole walk to the Parkland, and are keen to hear people's views regarding access across the estate. Please feel free to contact the area warden, Mike Hardy.

T: 01326 558423

E: [mike.hardy@nationaltrust.org.uk](mailto:mike.hardy@nationaltrust.org.uk).



## National Trust Access Guide 2010

The National Trust produces an Access Guide each year giving information about accessibility at all its houses and gardens, including some information regarding coast and countryside sites.

The guide is available in a number of formats and can be ordered free by contacting Anthony Sandham, National Trust Cornwall Office, Lanhydrock, Bodmin, Cornwall PL30 4DE.

**T: 01208 265249**

**E: [anthony.sandham@nationaltrust.org.uk](mailto:anthony.sandham@nationaltrust.org.uk)**

Anthony is also keen to receive feedback and happy to give further information about individual sites.

# Wasson?



## Cornwall Respect Festival – Saturday 14 August, Truro

This year's festival will start at 10am in Victoria Park. A carnival procession will follow through the streets to Lemon Quay where there will be a free live music event finishing at 1am. For more information or to get involved please contact Dean Harvey.

T: 0751 5580002



## Cornwall Pride – Saturday 28 August, Truro

This year will see the third Cornwall Pride take place in Truro. It starts at 11am from Lemon Quay, followed by a picnic in Victoria Park between 12pm-5pm, with evening entertainment headlined by the former Steps singer Lisa Scott-Lee. Tickets cost £12.50, or £15 on the day and can be purchased from the Hall for Cornwall.

[www.cornwallpride.co.uk](http://www.cornwallpride.co.uk)



## Celebrating Age & Ambition – Thursday 7 October, Fraddon

After the success of last year's event, which brought together 60 representative organisations and nearly 800 people, Age Concern Cornwall will once again host the Celebrating Age & Ambition event at Kingsley Village. To find out more or to get involved please contact Age Concern Cornwall.

T: 01872 266388

# Cornwall People First Forums

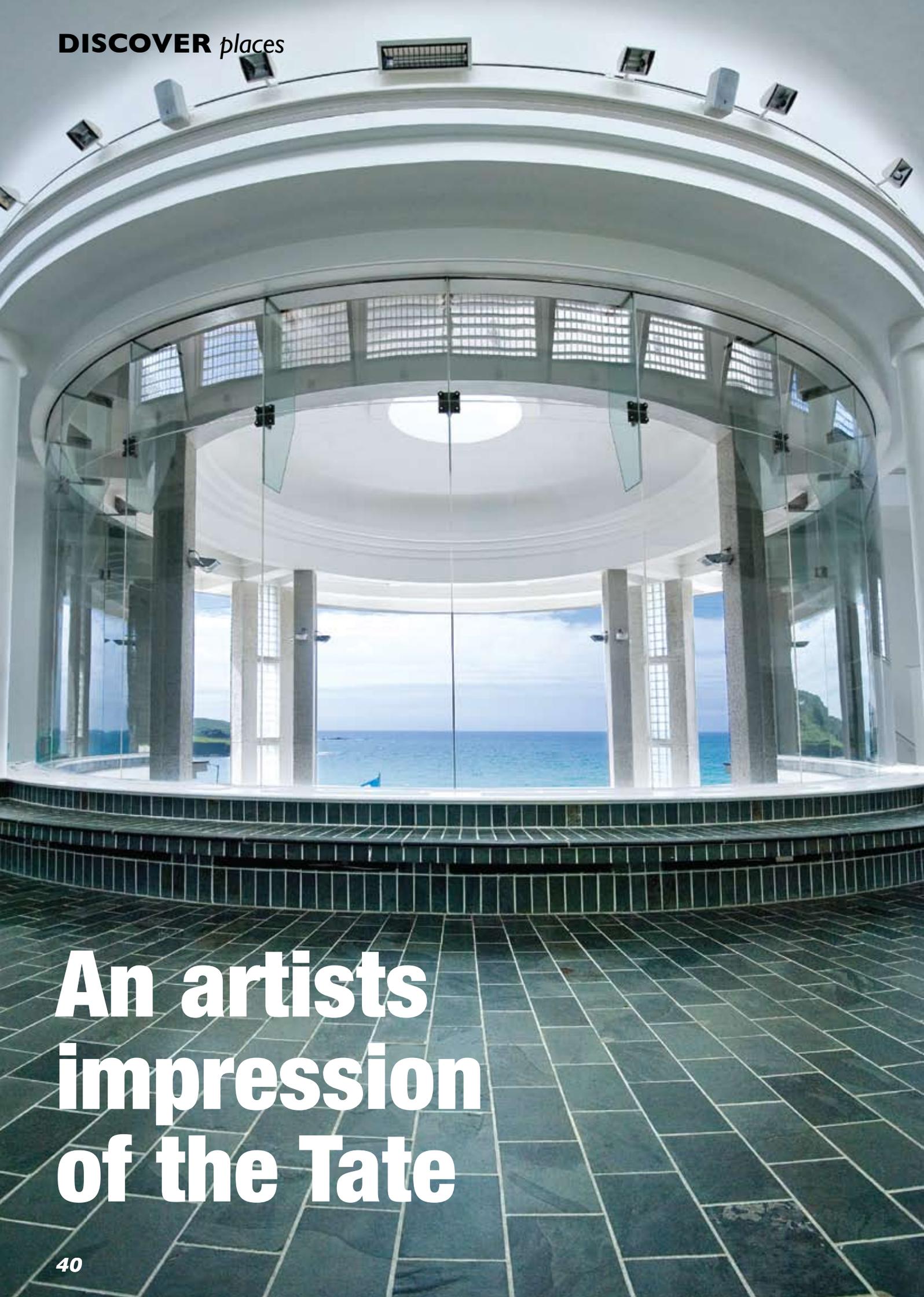
Cornwall People First is a self advocacy organisation for people with learning disabilities. We run regular meetings that anyone with a disability is welcome to attend. We speak up about things that are important to us and join together to make our voices heard. The dates for the remainder of this year are listed below. We look forward to seeing you there!

12 August	Manna's Diner, Penzance	5.30pm – 7.30pm
8 September	Community Centre, Camborne	11am – 1pm
14 September	LUST, Pensilva	11am – 1pm
21 October	Sunshine, Saltash	6.30pm – 8.30pm
29 October	Friends Mtg House, St Austell	11am – 1pm
18 November	Children's Centre, Helston	11am – 1pm
19 November	Shire House Suite, Bodmin	11am – 1pm
9 December	LUST, Pensilva	11am – 1pm
8 December	Manna's Diner, Penzance	5.30pm – 7.30pm
16 December	Sunshine, Saltash	6.30pm – 8.30pm



For more info please visit our website or call our Penzance office.

T: 01736 334857 [www.cornwallpeoplefirst.com](http://www.cornwallpeoplefirst.com)



# An artists impression of the Tate

There's not a lot to do in St Ives in April once the clouds roll in, so the Wednesday after the colony's brand new flood defence system failed I headed for Porthmeor Beach and the fourth Tate Gallery. Before trains arrived in St Ives, even before the first Catholic church was opened, artists were popularising the Cornish resort. Turner painted a landscape here in 1811 and it came back nearly two hundred years later to show at the town's new gallery.

The last decade of the twentieth century was culturally important for St Ives. In 1993 nearby Geevor tin mine became a heritage centre; nationally recognised youth theatre group Kidz R Us, who've played the Albert Hall and London Palladium, was founded; and fishing lugger 'Dolly Pentreath' started ferrying wildlife seekers past international architects Eldred Evans and David Shalev's impressive white rendered concrete construction, built into a fifty foot cliff designed to look like the gasworks it replaced. The very first show was of St Ives Modernists including work by Patrick Heron,

Peter Lanyon, John Wells, Terry Frost and Roger Hilton. Since then there have been exhibitions of work by a variety of famous artists including Picasso, Matisse, Miro, Bacon and Tracy Emin.

The sheer size of the gallery is amazing! There are four floors, each with 20ft high ceilings and a to-die-for panorama over Porthmeor Beach to the blue Atlantic. Local legend says if you stand on top on a really clear day you can see New York.

There are three ways into the gallery; two involve steps whilst the third is a long ramp, wide enough for passing wheelchairs. As you step into the Heron Mall, an antechamber to the main gallery spaces, the large stained-glass window by Patrick Heron is awe inspiring. The next floor up is an adequately stocked bookshop, complete with poster-prints and gifts for visitors to take home. Another floor up is where the true gallery experience begins, with five individual galleries vying for your attention.

Gallery One, comparatively quite a small, non-distinctive room, begins the tour but step through into

Photo courtesy of Phil Monkton CIOSP



## Tributes to Graham 'Big Issue' Lewis 1960–2010

Like many people who knew him, the team at Disability Cornwall were very sad to learn of Graham's untimely death earlier this year and decided the most fitting tribute we could pay to him was to publish this article which he had written for DISCOVER about the Tate Gallery. Art was a big part of Graham's life and this article is particularly poignant as the Tate is situated where he lived, in St Ives. Graham was a member of Disability Cornwall for many years and during that time frequently challenged us and while his methods were not always the easiest to work with, his passionate contribution to the disabled people's movement in Cornwall will be missed.

By the Disability Cornwall Team

I first met Graham when I took up my post as Director of Kaleido, the regional arts organisation and Graham was one of the first artists to phone and speak to me. He had enjoyed a close and mutually supportive time with my predecessor, Richard Cragg, and had captured the launch of Kaleido in words at the end of February 2008. His journalist's instinct was still as keen then as when he worked in London on the Evening Standard.

Graham was very supportive of Kaleido and always sought ways to be involved. I owe him a debt of gratitude for his encouragement and support, no time more so than when we were notified our funding was to be withdrawn from this year.

He never lost sight of being an artist nor of being a very human, human being, despite his difficulties in life. I personally will miss Graham and his phone calls and occasional meetings, but disabled artists in the South West will miss him even more.

By Ralf Togneri

The Tate Gallery's Heron Window



Looking across the rooftops of St Ives to Godrevy Lighthouse

Gallery Two, that's Upper Gallery Two, and one of the biggest windows you'll ever see springs up in front of you. About 40ft from top to bottom and semi-circular, it truly is a monster! There's a lift or stairs to get to Lower Gallery Two, where the display wall reflects the shape of the window. Gallery Three leads off to one side, a smaller room than Gallery One.

Then it's back to Upper Gallery Two, stretched as a balcony opposite the inescapable window, but viewer beware, the Tate is very hot on people taking photos in their galleries. Even professional journalists need clearance, even when not photographing the artworks. Galleries Four and Five complete the tour and we're back to the landing, where the elevator stops, there's a quartet of computers for people to access the Tate's sometimes-interesting website.

The next floor up is the café, where lunchtime delicacies like Cornish plate of local fishes, Russian Salad or 'smoked haddock & salmon fishcake with tartar sauce' can be ordered for just under £10 – but be warned, vegetables cost extra.

The only other Tate Gallery outside London is in Liverpool, European Capital of Culture 2008. Without the millions of people in the capital or Merseyside to support it, Tate St Ives has become an attraction for holidaymakers. A tick-off on the to-do list, but very few locals seemed to be present. Student groups visit frequently, as do organised community groups but, despite outreach initiatives - including the annual 'united churches' Christmas carol service - there seems to be something keeping locals out. Could that be because people have to pay to get in? Okay whilst you're on holiday, but we are generally used to public galleries and museums having free admission. Unlike the other three Tate's, this building is owned by landlord Cornwall Council and the rent must be found somehow. At least the Tate has started to offer family orientated free admission and events one Sunday a month from September to June.

**By Graham Lewis**

**The Tate Gallery T: 01736 796226**  
**[www.tate.org.uk/stives/](http://www.tate.org.uk/stives/)**

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# Carers Colour Group



Pat Bowerman (left) & Julie Ford at The Warehouse

## Carers exhibit their artwork

A group of carers who meet weekly for art activities staged an exhibition of their work to celebrate carers week in June.

The exhibition, held at Disability Cornwall's Warehouse conference suite in Hayle, will run for six months and comprises a small selection of the oil pastels the Carers Colour Group have produced under the guidance of professional arts practitioner Julia Rowlands.

The group gives carers a chance to enjoy the company of fellow carers in a stimulating and relaxing environment.

Julia said: "We invite professional artists from the area to visit our classes for workshops. A long-term aim is to set up a pool of artists that could work together to provide a similar respite service."

A carer is someone who, without payment, provides help and support to a relative or friend who could not manage on their own due to age, physical or mental illness or physical disability. It's estimated there are 6 million carers in the UK and 55,000 in Cornwall and sometimes their own health can be compromised by looking after somebody else. Often restricted socially, taking on a caring role can mean a life of poverty, isolation, frustration and depression. Regular breaks in caring are vital in order to help carers manage the strain that caring for someone has on their lives.

One of the carers, Pat Bowerman said, "I now feel less isolated than before and the group always makes me feel I'm among friends."

Another carer, Julie Ford, told DISCOVER: "We fell in love with the bright colours used and have even had opportunities to explore other forms of art & crafts, such as felt making, mosaics and most recently animation."



An example of the work from the exhibition

The framed pictures are for sale at £55 each. For further information, for carers who wish to join the group or for artists interested in taking part, please contact Julia Rowlands. **T: 07778 162019.**



### Treasver Supported Housing Project

The Treasver project provides temporary supported accommodation to people with a physical disability wishing to achieve the necessary skills required for living independently.

We currently have vacancies in our fully accessible purpose built wheelchair bungalows in the Camborne area. Your application would require the support of a Social Worker.

#### Are you:

- Aged 18 to 65 years?
- Currently in hospital, residential care, or living at home with carers or parents?
- Do you want to live independently?

If you know someone who would benefit from our Project please call Tracy, Gen or Tricia on 01209 214602 for an informal discussion and application form.

[www.habinteg.org.uk](http://www.habinteg.org.uk)



# The Equality Act 2010

In April the Single Equality Bill received Royal Assent and became the Equality Act 2010. It is not yet in force and will be phased in, starting in October this year. The Act brings disability, sex, race and other grounds of potential discrimination together in one piece of legislation while seeking to plug some existing gaps.

***The Equality Act intends to provide a new cross-cutting legislative framework to protect the rights of individuals and advance equality of opportunity for all; to update, simplify and strengthen the previous legislation; and to deliver a simple, modern and accessible framework of discrimination law which protects individuals from unfair treatment and promotes a fair and more equal society.***

So what will the Equality Act 2010 mean for disabled people? It has several new rules to give better protection to disabled people and we look at the most significant changes, but first we note the existing applicable legislation which the Equality Act seeks to strengthen and simplify:

## **Reasonable adjustments**

Reasonable adjustments are changes an employer or service provider has to make so disabled people can access their service. The Equality Act makes the law on reasonable adjustments clearer and will make it easier for a disabled person to claim reasonable adjustments from a service provider or employer.

## **The cost of making reasonable adjustments**

This cost cannot generally be passed onto the disabled person for whom the adjustment has been made.

**Disabled people living in buildings with shared areas**

A disabled person living in rented property can ask to have reasonable adjustments made to shared areas, such as an entrance or bathroom, provided they meet the cost themselves.

**Making information accessible**

Reasonable adjustments include any organisation such as your council or bank providing information in accessible formats, like easy read or large print. The Act requires service providers to recognise people's different disabilities and take account of ways to make information accessible to each individual person.

Ok, so now a look at the new levels of protection the Equality Act will afford disabled people:

**Auxiliary aids as reasonable adjustments for schools**

The Act will make it reasonable to expect schools to provide disabled students with auxiliary aids, large print material and support assistants.

**Pre-employment inquiries**

There are new rules to discourage employers from asking job applicants disability related questions, although they may ask if an applicant has a disability so they can make changes to a test or job interview. However, the Equality Act assumes all places of work are accessible, but as we all know, 15 years after the Disability Discrimination Act was first introduced, many buildings are still not accessible in the wider sense of the word. On the plus side though, it will benefit people with a history of mental health conditions, as it will stop employers weeding out applications based on their own preconceived prejudices.

**Discrimination by association and perception**

Direct discrimination or harassment based on association or perception will be unlawful. That applies to employment, but also to other areas such as services and education and means carers will

now have more protection under the law. It will now be illegal to fire someone because their caring responsibilities conflict with their employment. Similarly, the new discrimination legislation will also cover a person who is made unemployed because their employer believes they are HIV positive.

**Increasing the number of wheelchair accessible taxis**

The overall number of these vehicles is set to increase. A local authority that doesn't have enough accessible taxis in its area cannot refuse a licence to such a vehicle simply because it has a policy of controlling the overall number of taxis.

To summarise, the Equality Act 2010 seeks to simplify current equality legislation, bringing it all together under the one umbrella so to speak, whilst bridging any gaps that currently exist. Public services will now have a duty to promote equality for all the 'equality strands' and not just gender, race and disability, but faith, age, sexual orientation & transgender. In addition, it will also include a duty to reduce the inequalities that exist between people who are rich and those who are poor. It is well known that inequalities affect the life chances of different groups in society; this is not to say that people are destined to fail if they face inequalities in their lifetime, it just means they will have to overcome more barriers to succeed. The Equality Act looks to assist people to reach equality within society, and empower them to live independently and reach their full potential. It's hoped disability equality will be achieved by 2025 as led by the Government's Office for Disability Issues.

If you have any queries on the above or are at all unsure of your rights, then please feel free to contact Lindsey, equality & diversity officer,

**T: 01736 756655**

**E: [lindsey@disabilitycornwall.org.uk](mailto:lindsey@disabilitycornwall.org.uk)**

**DISCOVER** information & advice

# Connecting

A weekly newsletter aims to show the positive things occurring in Cornwall's learning disability community and is now emailed to nearly seven hundred different addresses each week. It contains 20 pages of news and events and is contributed to by people with a learning disability, day care centres and carers.

In recent weeks it has included jobs for people with a learning disability in the Safe Place Scheme, good news stories from Adult Care and Support staff, plus tips on how to make information 'easy to read'.

It also covers some of the bigger national stories, like changes to the Independent Living Fund and keeps on top of the internet with a 'website of the week' for people to add to their favourites.

The newsletter is also available at the council's one stop shops and although it's not currently written in 'easy read,' it does use larger type, colours and

pictures to help get the message across.

The Connecting Newsletter is put together by Cornwall Council's Public Information Officer, Andy Holmes, and is produced in partnership with the Learning Disability Partnership Board and the Department of Adult Care and Support.

**T: 01872 32253**

**E: aholmes1@cornwall.gov.uk**



## RightNurse Care Services

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Truro, Cornwall, TR1 2LS  
rightnurse@hotmail.co.uk  
www.rightnurse.co.uk

**01872 274120**

*Approved and accredited provider with Cornwall Council*

# Radical change proposed for the NHS

The Department of Health has published its White Paper 'Equity and Excellence: Liberating the NHS', which details how power will move from Strategic Health Authorities and Primary Care Trusts to consortiums of GP's in local areas. If all goes to plan, GP's will find themselves in control of 80% of public health spending by 2013.

The aim is to improve the quality of commissioning by bringing decision making closer to patients. GP's will have to form partnerships with each other to manage an £80bn budget that will focus on individual health and care needs, support carers and encourage strong joint arrangements and local partnerships.

The paper outlines how:

- Patients will be able to choose any appropriate provider of treatment, including their GP, with the aim of making this a reality by 2013/14.
- A new national consumer champion, Healthwatch, will have the remit of embedding the patient consumer voice at every level in public health service delivery.
- 'Any willing provider' who can meet the quality and financial standards laid down by NICE will be able to provide services to the NHS.
- There will be further piloting and evaluation of personal health budgets to inform a general roll-out.
- Local Authorities will take on responsibility, via Health and Wellbeing Boards, for joining up NHS commissioning, social care and public health improvements.
- Hospitals will all be required to become foundation trusts by 2014, giving them more autonomy and freedom as to how they provide their services. They will also be able to borrow money without asking the Treasury.

The voluntary sector is broadly welcoming the opportunity to engage more with the delivery of health services and contribute real value and choice to patients as they gain more say and control in the process. Needless to say however, the most extensive restructuring of health services since 1948 is also coming in for some extensive criticism. Some questions raised are:

- In an NHS that has received the highest investment in its history and is consistently delivering better outcomes for patients, does it really need a massively expensive restructuring programme at a time when other frontline services and projects that contribute to the prevention agenda could go to the wall?
- Is the opening up of the NHS to 'any willing provider' of services letting the private sector in 'by the back

door?' Is this Americanisation by another name?

- What experience do GP's have to make them effective commissioners of an £80bn pound budget?
- Who will ensure that the views of patients are representative, inclusive and unbiased? The voices of those most in need often go unnoticed. We must avoid a two tier system that only benefits those who shout the loudest.

Underlying these criticisms is a feeling that the white paper is an ideological exercise along the lines of that currently being undertaken within education and schools, with change for change sake, without proper analysis or consultation, and with no real guarantees that better outcomes for patients will be the result. It is as well that, within this maelstrom of change, one element is being retained – the NHS Constitution. Contained within this is the founding bedrock of our National Health Service – that access to services must be 'free at the point of delivery'. However, within a context of an ageing demographic, higher medical costs and fewer taxpayers supporting the system, the question is – for how long?



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[www.conroys.gb.com](http://www.conroys.gb.com)



## Pentreath Ltd

Pentreath is a mental health charity in Cornwall which promotes positive wellbeing through structured activity and aims to reduce stigma in the community. Clients come from a wide range of backgrounds and can access various programmes including vocational and recreational related activities that encourage and empower individuals to achieve and move forward in their lives.

We offer personal development, training, work experience and employment opportunities to people who are recovering from mental ill health. Clients can either self-refer or are referred to us by health clinicians, GP's or by Job Centre Plus staff amongst many other organisations.

Our services include 35 community outreach 1:1 vocational workers, a media focused work fitness project, an Enablement Project which aims to engage people in social inclusion and leisure activities and our newly developed Freestyle project for young people.

People with mental ill health can have few social contacts. At Pentreath we recognise that supporting people to access facilities within their local community is an effective approach to develop skills, raise confidence and enhance employment opportunities.

Pentreath services are led by the needs of the participants; therefore, we are continually changing and adapting our activities to meet these needs. Pentreath helps individuals to overcome multiple barriers to employment and increase their potential. As an organisation, Pentreath relies solely on outside funding, due to its charitable status.

One client said; "I feel that Pentreath for me have got the right balance. They are supportive, helpful



and offer ideas for difficulties that appear, but allow me enough room to try myself to deal with things and think of solutions. They are continually there, quietly supporting but stepping in straight away if they need to."

**T: 01726 862727**  
**[www.pentreath.co.uk](http://www.pentreath.co.uk)**

## Shared Care Network

For most children an active social life is part and parcel of growing up. They might go to Brownies, swimming, football or just enjoy spending time with friends – playing at each other's houses, going out on their bikes, having sleepovers, parties, or staying with grandparents. However, for many disabled children growing up is a different experience. Disabled children are less likely to be able to access these opportunities – friends often live long distances away as many children travel to out of county schools. Mainstream clubs and activities are often inaccessible. Opportunities for doing 'normal' things other children take for granted can be limited, leaving them feeling isolated.

For parents, looking after a severely disabled child can be physically and emotionally demanding and on top of this they just don't get the breaks other parents enjoy. This is where short breaks and Shared Care Network can help.

Families with disabled children are linked with volunteers or paid workers who can help the children make new friends and access opportunities, at the same time enabling parents to enjoy a well-earned break. Most of the children who use short breaks' services are severely disabled, they may have autism, challenging behaviour, physical disabilities or complex health care needs and parents often feel unable to leave their child with friends or relatives in the way many other parents do.

Once short break carers are approved and linked to a disabled child and their family, support is provided by their link or social worker on a regular basis. Short break carers can also join the Short Break Carer Network, an information and support network coordinated by Shared Care Network.

If you are interested in supporting a disabled child and their family please contact the Shared Care Network.

**T: 0117 9415361**  
**[www.thebigdifference.org.uk](http://www.thebigdifference.org.uk)**

## James Parkinson Centre Hubs

The Hub meetings are held for people who have been diagnosed with Parkinson's disease and for their carers. Some people with Parkinson's come to meetings on their own whilst others attend with a partner, friend or carer.

Hubs are open between 10.30am and 3.30pm with volunteers serving coffee from the morning. This is followed by a short talk from a Parkinson's disease nurse specialist (PDNS) on a topic of particular relevance to someone living with Parkinson's. Afterwards, the nurse is available for informal discussions and private consultations. Before lunch at 12.30pm at a cost of £3.50, there is usually an exercise group, such as Tai Chi or armchair exercises. A general interest topic or activity group takes place in the afternoon.

The idea of a Hub is for people to come and go as they need, although the published programme does need to keep to time as much as is possible, so speaker slots will always start as published.

Hubs are currently held in four different locations:

Threemilestone Methodist Hall, Truro  
First Thursday every month.

Cuddra WI Hall, St Austell  
Second Wednesday every month.

Millennium House, Pensilva, Liskeard  
Third Wednesday every month.

All Saints Church Hall, Tuckingmill, Camborne  
Fourth Wednesday every month.

NB: No Hubs are held in the month of August.

For further information or to book your place.

**T: 01872 222281**

**E: [info@jamesparkinsons.org.uk](mailto:info@jamesparkinsons.org.uk)**

Private consultations can be booked on the day or are pre booked. Booked appointments with the nurse are for a specific time and the nurse or volunteer need to know about the appointment upon arrival at the Hub.

**T: 01209 888270 / 881640**

## Get Out There

Commissioned by the Cornwall Council 'Aiming High for Disabled Children' short breaks project and hosted by the charity SENSE, 'Get Out There' brings together young people aged 11 to 19 with visual impairments and additional complex needs for social outings and activities.

Get Out There's Co-ordinator, Simon Allison, said: "A visual impairment can be a real barrier in accessing activities, couple this with an additional complex need and you can have a very isolated young person."

The group took shape last year after a very positive response to a couple of open days at Cornish theme parks. During these days both parents and young people were consulted about how the group may run in the future. A team of volunteers were recruited and trained to enable a summer programme of activities to be planned.

The activities had to be as tactile and sensory as possible and some have been real adventures with activities typifying the spirit in the group, to live life to the full just like any other teenager.

Josh, one young member of Get Out There, further highlights the social aspect of the group. "I am away at boarding school all week so I don't get much time to meet my friends from Cornwall, including my brother Sam. The activities enable us to share experiences and meet other people."

This summer the group have just completed a camping trip where they tried to keep their reliance on electronic gadgets to a minimum in favour of a true wilderness experience that even included foraging for food! Other activities will include an overnight trip to London and a tactile approach to beach exploring with the Cornwall Wildlife Trust.

For further information please contact Simon.

**T: 07814 272904**

**E: [simon.allison@sense.org.uk](mailto:simon.allison@sense.org.uk)**





## Are all the public toilets on your RADAR?

We list only those toilets in Penwith which are RADAR key operated, although there are others, including Carbis Bay, Marazion, Mousehole and Sennen, which we were advised are accessible.

Hayle – Foundry Square	24 hours	In car park behind Lloyds TSB
Lelant Park & Ride	Open 17 May - 30 Sept only	In car park at Lelant Saltings Station
Marazion Station	24 hours	Situated behind cafe in car park
Pendeen	Closed overnight	In the car park opposite the corner shop
Penzance – Alexandra playsite	Closed overnight	On the play site
Alexandra Road Penzance – Jennings Street	Closed overnight	Town centre below main post office
Penzance – Penalverne	Closed overnight	Next to St Johns Town Hall
Penzance – Princess May Recreation Ground	Closed overnight	Opposite Humphry Davy School
Penzance – Superloo	Closed overnight	Behind Tourist Information Centre / next to bus station
Penzance – Wherrytown	Closed overnight	Opposite Co-op store
Porthcurno	24 hours	Bottom of car park
St Ives – Porthmeor	Closed overnight	Past The Tate Gallery in car park opposite
St Ives – Railway Station	Closed overnight	In the car park next to the station
St Ives – Superloos	Open 1 March – 31Oct only	In the car park behind The Sloop public house
St Ives – Trenwith Car Park	Closed Overnight	Opposite large car park by leisure centre
St Ives – West Pier	Closed Overnight	By The Lifeboat Station
St Just – Lafrowda	24 hours	By Lafrowda car park

### Openness

### Reliability

## Can we help?



## Residential services

Stonham manages a range of supported residential services for vulnerable single people throughout Cornwall. If you have a **mental health** issue, are a **mother with a young child** or are working with the Cornwall Drug and Alcohol Team to address **substance misuse** issues please give us a call on (01726) 871910.

## Stonham tu (Stonham Direction in Cornish)

We deliver floating support throughout the county to people to sustain them in their own homes. This can include assisting with budgeting skills, form filling and signposting to other agencies.

If you, or you know someone who would benefit from this service, please contact us as below. Acceptance will be subject to a needs assessment to develop a support package to meet your individual needs.

Email: [StonhamTu@homegroup.org.uk](mailto:StonhamTu@homegroup.org.uk)  
 Text: 07813 126843  
 Telephone: 01726 871919 / 01726 871911  
 Fax: 01726 871143  
 Post: 1<sup>st</sup> Floor, 17 High Cross St, St Austell, PL25 4AN

Integrity

Motivated

Customer Focus

### Innovative

### Respect

# SPORT & LEISURE



## BT Paralympic World Cup

During May the BT Paralympic World Cup took place in Manchester. This event saw athletes competing from all over the world and involved four sporting categories; seven-a-side Football, Swimming, Athletics and Wheelchair Basketball.

Great Britain had an excellent day in the pool, winning all but two of the races and setting four world records. Cornwall's own Jonathan Fox from St Stephen won a gold medal in the 100m backstroke.

There were also wins for Great Britain's Eleanor Simmonds, aged 15, who got the final day of the World Cup off to a flying start by breaking her own

world record in the 200m Individual Medley. Sam Hynd followed suit and echoed Eleanor, but in the 400m Freestyle.

Great Britain dominated ten of the events in the pool, but the Rest of the World (ROW) team took advantage of the remaining two swimming competitions, enough to seal the overall World Cup team trophy with 120 points. Despite the fine achievements in the pool and gold in the men's Wheelchair Basketball, Great Britain finished close behind in third, on 105 points.

Singer Mica Paris was on hand to present the winners' trophy to members of the ROW team as a packed Manchester Aquatics Centre looked on.

The confirmed BT Paralympic World Cup Team Trophy points and standings were:

**1. ROW 120 2. EUR 110 3. GBR 105 4. AME 65**

# Sports Personality Profile

Jonathan Fox, 19, from St Stephen began swimming competitively at the age of 11 as part of his physiotherapy regime for cerebral palsy, before being selected for the British Swimming Disability Start Programme in 2003. He follows a gruelling regime which involves training at least four hours a day. Even though he began to swim competitively at 11, Jonathan could never have dreamt that by 18, he would have come so far with national, european and international recognition. Jonathan is a regular member of the GB Team and currently ranked No.1 in the world for backstroke and in the top three for freestyle.

## Achievements so far:

- 2006** – Gold S7 100m Backstroke, German Open in Berlin
- 2007** – BBC South West Disability Sportsperson of the Year
- 2008** – Silver S7 100m Backstroke Beijing Paralympic
- 2009** – European Championships, Iceland
  - Gold – 100m Backstroke
  - Gold – 400m Freestyle
  - Gold – 4 x 100 Freestyle Relay
  - Silver – 50m Freestyle
  - Silver – 100m Freestyle
- 2009** – BBC South West Disability Sportsperson of the Year
- 2010** – British Gas Swimming Championships
  - Gold – S7 100 metres Backstroke
  - This was extra special as Jonathan won this event in a new world record time.
  - BT Paralympic World Cup, Manchester
  - Gold – S7 100 metres Backstroke



Jonathan Fox



Photo courtesy of BBC Sport

## British Records:

6 Backstroke records

## European Record:

100m Backstroke, long course

## World Record Holder:

200m Backstroke – Long and Short Course

50m Backstroke – Long and Short Course

100m Backstroke – Short Course

**What has the sport has done for your personal development?** Swimming has helped enormously in my life. It has made me more confident in dealing with people and the media. It has also boosted my self esteem.

**Your message to other athletes:** To reach the top in your sport, you have to be dedicated. Give 100% during your training, work hard and listen to your coach. During competition, always be focused and determined to win every race.

Jonathan's next big event is in August, which is the International Paralympic Committee World Championships 2010 in Holland. He will be competing in four events, to be shown on the BBC.

# Game Set & Match

## By Andrea Weston

Wheelchair tennis is as exciting and challenging as able-bodied tennis, in fact due to the nature of the beast it's much more challenging!

The rules? Well, wheelchair tennis has just one difference and that is players are allowed, if needed, to let the ball bounce twice, other than that there are no advantages. Same size court, same net height, same unpredictable ball bounces and most obvious of course, opponents who want to beat you!

Wheelchair tennis is 90% movement and 10% hitting the ball, so you need to be pretty fit to be able to play. Having said that, when I started last year I had never played sport in my chair before and hadn't participated in any able-bodied sport for about six years or so. After my first game I spent the next three days in bed but now several months on, I have no problem playing twice a week.



Andrea Weston

Anybody who uses a wheelchair can play, regardless of disability, or whether you use a manual or electric chair and you don't need to be a full-time user either.

When I first started I didn't even own a racquet and so borrowed one from Mark Blackler, who is the chair of Devon Disability Tennis, a licensed coach who holds disability coaching sessions at Devonshire Health & Racquet Club in Plymouth on different days during the week.

You may think Plymouth is a long way to travel for two hours of tennis coaching and yes it is, but unfortunately at present, it's a case of needs must, as there are no qualified wheelchair tennis coaches in the whole of Cornwall. Although nothing need stop you from hiring out a local court just to have a try.

For more information about the sport, contact Mark Blackler who also coaches sonic and deaf tennis.

**T: 01752 316084 [www.tennistopia.co.uk](http://www.tennistopia.co.uk)**

# Yoga for everybody



## By Caroline Skajarowski

Yoga has helped me through life's ups and downs, various injuries and health problems. While working at Nancealverne special school in Penzance, I wondered if it would be possible for the children to benefit from the practice of yoga.

After some training in yoga for people with special needs, I started some sessions with the children. I found they loved practising it and especially enjoyed the breathing and relaxation. Even children who were very limited in their mobility were able to move and stretch and enjoy the sessions. Surprisingly, the children who found it most difficult to focus and be still really loved the quiet and relaxation, it helped them to let go of some tension and stress.

In 2005, I went to India for intensive training at the Sivananda Ashram in Kerala. It was the hardest thing I have ever done and the most inspiring; it was an amazing experience, learning classical yoga in a traditional Ashram. The training course is styled on the ancient Gurukula system – guru meaning teacher, kula is home. You live, study and work with your teachers and other students for the month.

Yoga can be possible for everyone regardless of age or physical ability, you don't have to be fit to do it, you



can practise lying on the floor, sitting in your chair or wheelchair, all you need is yourself and your intention.

I recently completed a course in restorative yoga with Judith Lasater at the Special Yoga Centre in London. This involved the use of props, pillows and blankets to position the body in such a way as to encourage deep relaxation and renewal, ideal for people who are unable to do the more active form of yoga. This form of yoga is performed on a one to one basis.

Yoga can make your body fitter and your mind calmer and more relaxed. It truly can be for everyone, regardless of fitness or ability.

**WCWAid**  
WEST CORNWALL WOMENS AID

## Helpline, Outreach & Counselling Service

**West Cornwall Womens Aid provides support, advice and information for women and their children who are experiencing domestic violence and abuse. Our service is free and confidential.**

**Helpline**  
**01736 367539**

**Monday to Friday**  
**10.00am - 3.00pm**  
**24hr answerphone for messages**

**For the Women of West Cornwall and The Isles of Scilly**

**Registered Charity No: 1100329**

# SAND CHAIRS

available for hire in Cornwall



Nearest main town	Beach	Hire / Collection Point	Contact
Bude	Crooklets	Summerleaze Beach Office	01288 352226
	Summerleaze	Summerleaze Beach Office	01288 352226
Falmouth	Gyllyngvase	Gyllyngvase Beach Café	01326 312884
Looe	Town	Looe Town Trust Seafront Workshops	01503 263709
Newquay	Fistral	Fistral Surf Hire Shop	01637 850584
	Towan	Blue Reef Aquarium	01637 878134
	Harlyn	Harlyn Surf School	01841 533076
Padstow	Trevone	Trevone Beach Complex	01841 520275
	Treyarnon	Youth Hostel Association	0845 3719664
Redruth	Portreath	Surf Lifesaving Club	01209 616996
St Ives	Carbis Bay &	Please call for details	01736 334832
	Porthminster	Child's sand chair also available	
St Marys (IOS)	Porthcressa	Town Hall, Isles of Scilly (IOS)	01720 422537
Wadebridge	Polzeath	Anne's Cottage Surf Shop	01208 262812

## Boccia

If you haven't heard of Boccia before, it's a type of bowling sport designed for anybody to play and included in the Special Olympics. You can play it as a pair competing against each other or as a team. It's a fast growing sport and is played in schools, clubs and day centres across Cornwall.

The game is played with two coloured balls, normally red and blue and can be played either onto a target or toward a jack ball, which is usually white.

A point to note, the balls are filled with sand and don't always react the way you want them to!

Earlier this year, a group of children who attend the County's special needs schools; Nancalverne, Doubletrees and Kernow, met at Truro College to try their hand at Boccia and to compete in a festival organised by students from Truro College and Steve Hillman, Cornwall's Disability Sports Community Coach. The group had the opportunity to train before the competition began using targets and target games to help improve their accuracy.



*Children having fun at the sports festival*

## CLASP

If you would like to take up some sporting activity this Summer, why not contact CLASP (Cornwall Leisure Activities and Sports Players), a sport and leisure club for people with disabilities?

Swimming sessions are held on the second Sunday of each month at Carn Brea Leisure Centre, 6.30-7.30pm. This pool time is shared with the swimming club.

On Thursdays, Carpet Bowls are played at All Saints Community Centre at Tuckingmill in Camborne, from

7.00pm. Under the name of CLASP Allsorts, members take part in the Camborne and District Carpet Bowls Summer and Winter Leagues.

During the summer months, Boules (petanque) games are played on Sunday mornings at the Star Inn at Vogue, in a local league.

**For up to date information including forthcoming fixtures please phone DIAL.  
T: 01736 759500**



## Howzat!

If you have a visual impairment and are interested in joining a Cornwall Vi Cricket team, then please let us know as the project can only go ahead if we are successful in recruiting enough people interested in playing.

Cricket in Cornwall is a thriving sport with some of the best training facilities in the South West. We would like to give people who have a visual impairment the opportunity to use these facilities and give them the chance to play for their county. If you are aged over 16, male or female, have a visual impairment and would like to play cricket then please contact us.

**E: [dave.green@ccb.cornwall.ac.uk](mailto:dave.green@ccb.cornwall.ac.uk) or  
E: [shillman@cornwall.gov.uk](mailto:shillman@cornwall.gov.uk)**



## CORNISH DISABILITY SURF COMPETITION WILL BE FIRST IN UK

Newquay will host the UK's first surfing competition exclusively for people with disabilities, organised by the British Disabled Surfing Association (BDSA).

The competition will take place in October and feature three categories - physical disabilities, learning difficulties and sensory disabilities such as autism. It will be the first time disabled people have had their own dedicated competition, marking a major step forward for inclusive surfing.

It is the first project to be run by the newly formed BDSA, born out of a partnership between the British Surfing Association, Cornwall Sports Partnership and specialist surf school Freedom Surf.

The Association also includes representatives from local schools, charities and the health profession. Mark Hill, director of Freedom Surf, will be the

organisation's training consultant.

The BDSA's role will be to raise money for disability surfing projects, provide training for surf schools who want to offer disabled people lessons and draw up guidelines on disability surfing and ensure these are regulated.

Chairman Joe Taylor said: "The formation of the BDSA and our planned competition later this year are really important developments in disability surfing.

"At last there is a body that will champion disability surfing in Britain and push to make the sport accessible for all. This competition will be the first step on the road to creating a more inclusive surfing environment."

**Freedom Surf**  
**T: 07584 124873**  
**[www.freedomsurf.org](http://www.freedomsurf.org)**

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The Vis-a-Vis Care Bed has been awarded the prestigious Naidex New Product of the Year Award. Liz Virgo, Naidex Event Manager, commented, "We are absolutely delighted that Bakare Beds has taken this year's award. Its Vis-a-Vis represents a shining example of the innovation we are currently witnessing within disability product design. Considering the dramatic difference this product will hopefully make to many peoples' lives, Bakare Beds Ltd fully deserves this award and we congratulate them on such an outstanding product."

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# ILF – Independent Living Farce?

**There is a certain irony to the news that the Independent Living Fund is now closed to new applicants just a few months into this financial year. Disabled people are being promised more control over their own lives with the new way of delivering social care, called personal budgets, but one of the oldest and arguably most effective ways of assisting independence and choice, the Independent Living Fund, has run out of money for new grants for the rest of 2010-11.**

This means that people with complex needs and those most in need of additional care and support to enable them to live independently in their own homes, will no longer be able to apply for the additional funding they require, a move that has shocked disability leaders and raised fears about the future of the the Independent Living Fund (ILF).

Suprisingly, not many people know about ILF, yet it supports 21,000 people nationally and can be used to employ help for personal and domestic care. The ILF is a discretionary trust funded by the Department of Work and Pensions, but operates at arms length from government. Set up in 1988 and originally intended to run for only five years, ILF can often make the difference between people being able to live independently at home, contribute to their communities and gain employment, and being forced into often inappropriate residential care settings with negative effects on health and well-being.

The ILF's budget for this year is £359m for the UK and average payments are £316 per week. Fears were already raised earlier this year when the strict criteria for ILF which includes; recipients being in receipt of the higher rate care component of disability living allowance, having savings of less than £23,000 and a care package worth at least £340 from their local authority, were tightened even further, limiting access to those who were self-employed or working at least 16 hours a week. In fact, this article was intended to cover the issues raised by this single change, as we felt ILF should be targeted at people furthest away from the workplace, as it was surely these people who would most benefit from extra support.

But it would seem even these measures weren't enough to rescue ILF's finances, and it has already exhausted its resources for this year so had to move to protect its existing recipients. As Patrick Boyle, ILF's chief executive said: "Our first priority is the 21,000 disabled people we currently support to achieve high quality independent lives. Our trustees have acted quickly to protect this group and meet their responsibility to manage within budget."

While 600 commitments for support made since April will be honoured, this will be of scant comfort to new applicants looking to ILF to enhance their opportunities for increased independence. It will be an additional worry for local authority accountants trying to balance their social care books, as those who might have accessed funding from the separate ILF pot will now need that financial support provided locally, leading to increased strain on already overstretched budgets.

And could the timing be any worse? With real and damaging public sector cuts looming, disabled people particularly are going to be wondering about the mixed messages they are receiving within a system that gives with one hand and takes away with another.

We can only hope the problems with ILF are temporary and that more funds will be secured for the next financial year to ensure more disabled people will be able to access the support they need to lead full and independent lives.

Call DIAL if you have any queries or concerns relating to ILF or any other disability related benefit.

**T: 01736 759500**

**E: [dial@disabilitycornwall.org.uk](mailto:dial@disabilitycornwall.org.uk)**



## Equality on the high sea's

**Nelson:** "Order the signal, Hardy."

**Hardy:** "Aye, aye sir."

**Nelson:** "Hold on, that's not what I dictated to Flagg. What's the meaning of this?"

**Hardy:** "Sorry sir?"

**Nelson** (reading aloud): "England expects every person to do his or her duty, regardless of race, gender, sexual orientation, religious persuasion or disability. What gobbledegook is this?"

**Hardy:** "Admiralty policy, I'm afraid, sir. We're an equal opportunities employer now. We had the devil's own job getting 'England' past the censors, lest it be considered racist."

**Nelson:** "Gadzooks, Hardy. Hand me my pipe and tobacco."

**Hardy:** "Sorry sir. All naval vessels have now been designated smoke-free working environments."

**Nelson:** "In that case, break open the rum ration. Let us splice the main brace to steel the men before battle."

**Hardy:** "The rum ration has been abolished, admiral. It's part of the government's policy on binge drinking."

**Nelson:** "Good heavens, Hardy. I suppose we'd better get on with it then. Full speed ahead."

**Hardy:** "I think you'll find that there's a four knots speed limit in this stretch of water."

**Nelson:** "Damn it man! We are on the eve of the greatest sea battle in history. We must advance with all dispatch. Report from the crow's nest please."

**Hardy:** "That won't be possible, sir."

**Nelson:** "What?"

**Hardy:** "Health and safety have closed the crow's nest, sir. No harness and they said that rope ladders don't meet regulations. They won't let anyone up there until proper scaffolding can be erected."

**Nelson:** "Then get me the ship's carpenter without delay, Hardy."

**Hardy:** "He's busy knocking up a wheelchair access ramp to the fo'c'sle Admiral."

**Nelson:** "Wheelchair access? I've never heard anything so absurd."

**Hardy:** "Disability discrimination sir. We have to provide a barrier-free environment for the differently abled."

**Nelson:** "Differently abled? I've only one arm and one eye and I refuse even to hear mention of the word. I didn't rise to the rank of admiral by playing the disability card."

**Hardy:** "Actually, sir, you did. The Royal Navy is under represented in the areas of visual impairment and limb deficiency."

**Nelson:** "Whatever next? Give me full sail. The salt spray beckons."

**Hardy:** "A couple of problems there too, sir. Health and safety won't let the crew up the rigging without hard hats. And they don't want anyone breathing in too much salt – haven't you seen the adverts?"

**Nelson:** "I've never heard such infamy. Break out the cannon and tell the men to stand by to engage the enemy."

**Hardy:** "The men are a bit worried about shooting at anyone, admiral."

**Nelson:** "What? This is mutiny!"

**Hardy:** "It's not that, sir. It's just that they're afraid of being charged with murder if they actually kill anyone. There's a couple of legal-aid lawyers on board, watching everyone like hawks."

**Nelson:** "Then how are we to sink the Frenchies and the Spanish?"

**Hardy:** "Actually, sir, we're not."

**Nelson:** "We're NOT?"

**Hardy:** "No, sir. The French and the Spanish are our European partners now. According to the common fisheries policy, we shouldn't even be in this stretch of water. We could get hit with a claim for compensation."

**Nelson:** "But you must hate a Frenchman as you hate the devil."

**Hardy:** "I wouldn't let the ship's diversity co-ordinator hear you saying that sir. You'll be up on disciplinary report."

**Nelson:** "You must consider every man an enemy, who speaks ill of your King."

**Hardy:** "Not any more, sir. We must be inclusive in this multicultural age. Now put on your Kevlar vest; it's the rules. It could save your life."

**Nelson:** "Rules. Whatever happened to rum, sodomy and the lash?"

**Hardy:** "I've told you sir, drinking and capital punishment have both been outlawed."

**Nelson:** "Well in that case, kiss me Hardy."

# Be careful who you judge

So we've come through the General Election, but imagine a situation where you, and only you, could vote for who should be the country's leader. What's more, you only have three possible candidates from which to choose and scant information is given to you from which to make your choice. This is what you have to read from which to judge who would be the most suitable leader:

### Candidate A

Is known to associate with crooked politicians and consults with an astrologist. He's had two mistresses, chain smokes and drinks between 8 and 10 martinis a day.

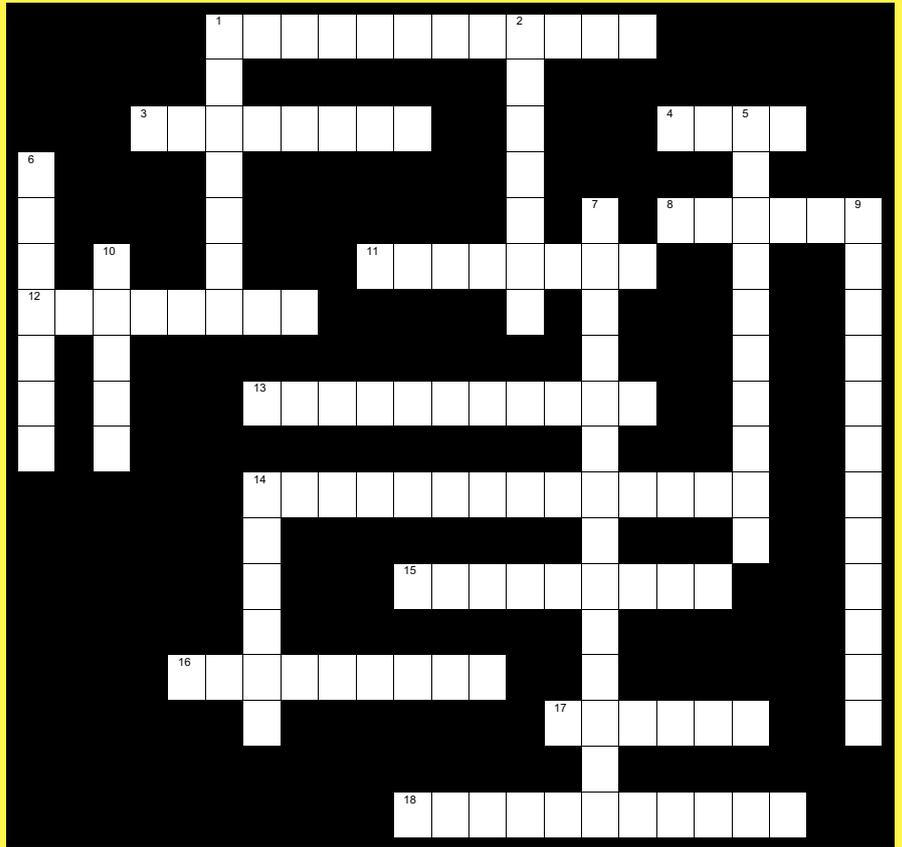
### Candidate B

Previously kicked out of office twice, sleeps until noon, used opium in college and drinks a quart of whiskey every evening.

### Candidate C

Is a decorated war hero. He's a vegetarian who doesn't smoke, only drinks an occasional beer and has never cheated on his wife.

So which of these potential candidates would be your choice? Find out who they are below.



### Across

1. Skin protection (6,6)
3. Shimmering near the ground (4,4)
4. Insect (4)
8. A sport (6)
11. Spit roast (8)
12. Cold dessert (3,5)
13. Built on the beach (11)
14. Used for building (6,3,5)
15. Footwear (4,5)
16. A barrier (9)
17. Outdoor meal (6)
18. Water sport (11)

### Down

1. I do like to be beside the ... (7)
2. Thor was the god of this (7)
5. Eye protection (10)
6. Vacation (7)
7. Occurs around the 21st of June (6,8)
9. Summer fruit (12)
10. Sandy place (5)
14. An atoll in the Pacific (6)

1	9							
			1		8	4		3
	3	4	6	7				9
	1	8	3					4
	6				4			
2	4		9	6		3	8	
3		1	4		6	7	9	
	5		7		9	1	3	
	7			3			4	2

Sudoku

Crossword and Sudoku answers on page 60

Candidate A is Franklin D. Roosevelt  
Candidate B is Winston Churchill  
Candidate C is Adolph Hitler  
It's always good to get the full picture before judging someone!



If you think access isn't good in the UK, check out this sign spotted on a train in India, we'd have to travel with the luggage!

It looks as if B&Q in Penzance have found a great use for there 'so called' accessible parking bays! Rest assured, we will be following up this issue with B&Q's management.



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### Crossword and Sudoku answers

- 1. Suntan lotion
- 2. Heat haze
- 3. Wasp
- 4. Tennis
- 5. Barbeque
- 6. Ice cream
- 7. Sandcastles
- 8. Bucket and spade
- 9. Flip flops
- 10. Windbreak
- 11. Picnic
- 12. Snorkelling
- 13. Seaside
- 14. Thunder
- 15. Sunglasses
- 16. Holiday
- 17. Summer solstice
- 18. Strawberries
- 19. Beach
- 20. Bikini

Across Down

6	7	9	5	3	1	8	4	2
4	5	2	7	8	9	1	3	6
3	8	1	4	2	6	7	9	5
2	4	5	9	6	7	3	8	1
9	6	3	8	1	4	5	2	7
7	1	8	3	5	2	9	6	4
8	3	4	6	7	5	2	1	9
5	2	6	1	9	8	4	7	3
1	9	7	2	4	3	6	5	8

# Scheme to help charities a huge success

On a sunny afternoon in May, a 'Celebration of Achievement' event took place at the Stithians Centre, near Redruth to recognise the success of the Firm Foundations Project, a two year project, launched last year to deliver help and advice to charities and community groups in Cornwall, which is celebrating passing many of its targets after just eight months.

The Firm Foundations Project, which received funding from the Big Lottery, offers funding and equalities advice to local groups through a dedicated team across the county.

Andy Brelsford, from Volunteer Cornwall which administers the scheme on behalf of a group of Voluntary organisations, said "We are delighted that there has been such a good up-take of the service and lots of organisations have already benefitted from the offer of 1-2-1 advice and support with funding and equalities issues."

The project has three part-time funding advisers and a full-time equalities adviser, jointly supported by Disability Cornwall and Cornwall 'Racial' Equality Council, works across the county to support smaller voluntary and community sector groups by putting on workshops and seminars as well as working on an individual basis with staff and volunteers to help with funding bids and equalities issues.

"By this stage," Andy said, "We expected to have helped approx 40 organisations with funding advice whereas in fact we have helped over 250. Over 180 groups have benefitted from the events and seminars facilitated by the Equalities Adviser whereas by this stage we had expected only 40."

If you belong to a voluntary or community group to access free support from the Firm Foundations Advisers, please make contact.

## Equalities Adviser:

Lindsey Haydock-Clemon  
T: 01736 756655



The Firm Foundation's team

Photo courtesy of Bernie Hall, PCDT

## Funding Advisers:

Chris Hassall (Mid-Cornwall) T: 01872 273952  
Tina Robinson (East Cornwall) T: 01208 832763  
Suzy Messenger (West Cornwall) T: 01736 334668



## Independent Occupational Therapy Services for independent living

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- Care needs assessments

If you're unsure how an Occupational Therapist could assist you, or you need a service not listed,

Please get in touch to see how we can help.

Tel: 07794209968

Email [enquiries@ciots.co.uk](mailto:enquiries@ciots.co.uk)  
[www.ciots.co.uk](http://www.ciots.co.uk)



# Out and about



Countryside Mobility is a Big Lottery funded project, through Natural England's 'Access to Nature' grant scheme, which aims to improve access to the countryside for people with disabilities living in and visiting the South West region.

Countryside Mobility have been working with a range of partner organisations such as the South West Coast path Team and Living Options Devon, which is Disability Cornwall's equivalent organisation in Devon. The project is placing Trampler all terrain mobility scooters, and wheelchair accessible Wheelyboats at countryside and coastal sites, including country parks, woodlands and lakes across the South West.

It should provide disabled people with a real outdoor

experience allowing access to new areas of the countryside. The exact locations are still being agreed, but the first equipment will be available to hire this summer for a small fee for anyone becoming a Countryside Mobility member.

### Charges

Annual membership £8.50  
temporary 4 wk membership £2.50  
hire charges for 1-2 hours £2.50  
2-4 hours £5.00.

### Trampers available to hire this Summer from:

Berry Head National Nature Reserve in Brixham, Devon  
Durlston Country Park in Swanage, Dorset  
Haldon Forest Country Park in Exeter, Devon  
Stover Country Park in Newton Abbot, Devon.

As for Cornwall, Mount Edgecumbe Country Park in Torpoint and Siblyback Country Park in Launceston have both been identified by Countryside Mobility for access improvements and should also be ready this Summer.

For more information about the project please contact James Maben.

**T: 01392 456522**

**[www.countryside-mobility.org](http://www.countryside-mobility.org)**

## Tempting New Recipes for the Summer Months

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## £4m unclaimed by Cornwall & Devon cancer patients

Cancer patients in Devon and Cornwall are losing out on nearly £4m of unclaimed benefits, a cancer charity has revealed.

Macmillan Cancer Support, which carried out the study, has launched a

new website to help people find out what entitlements they can claim. In Cornwall and the Isles of Scilly nearly £1.3m of disability benefits have not been claimed.

In Devon, Macmillan said the figure is about £2.5m. Across the greater South West nearly £11m of benefits are unclaimed.

Macmillan said about 48% of terminally-ill cancer patients in the region are dying without receiving either Disability Living Allowance or Attendance Allowance because they do not know what the system provides.

## Biological link between stress, anxiety and depression identified for the first time

Scientists at The University of Western Ontario have discovered the biological link between stress, anxiety and depression. By identifying the connecting mechanism in the brain, this high impact research led by Stephen Ferguson of Robarts Research Institute shows exactly how stress and anxiety could lead to depression. The study also reveals a small molecule inhibitor developed by Ferguson, which may provide a new and better way to treat anxiety, depression and other related disorders. The findings are published online in the journal *Nature Neuroscience*.

Ferguson and colleagues used a behavioural mouse model and a series of molecular experiments to reveal the connection pathway and test the new inhibitor. "Our findings suggest there may be an entire new generation of drugs and drug targets that can be used to selectively target depression, and therefore treat it more effectively," says Ferguson, the director of the Molecular Brain Research Group at Robarts,

and a professor in the Department of Physiology & Pharmacology at Western's Schulich School of Medicine & Dentistry. "We've gone from mechanism to mouse, and the next step is to see whether or not we can take the inhibitor we developed, and turn it into a pharmaceutical agent."

"According to the World Health Organisation, depression, anxiety and other related mood disorders now share the dubious distinction of being the most prevalent causes of chronic illness," says Anthony Phillips, the scientific director of the CIHR Institute of Neurosciences, Mental Health and Addiction. "Using the power of molecular biology, Stephen Ferguson and colleagues provide novel insights that may be the key to improving the lives of so many individuals coping with these forms of mental ill health."

While major depressive disorder often occurs together with anxiety disorder in patients, the causes for both are strongly linked to stressful experiences. Stressful experiences can also make the symptoms of anxiety and depression more severe. By discovering and then blocking a pathway responsible for the link between stress, anxiety and depression, Ferguson not only provides the first biological evidence for a connection, but he also pioneers the development of a potential drug for more effective treatment.

## Compensation payout results in landmark discrimination case

The woman at the centre of a landmark discrimination case in which the House of Lords clarified the UK's Disability Law has been awarded £125,000 compensation from her former employer.

Elizabeth Boyle, who had developed vocal nodules which threaten speech, alleged she had been discriminated against by her former employer of 32 years, SCA Packaging.

Boyle protested when SCA removed partitions near her desk causing her to speak more loudly. The company argued Boyle was not disabled as her condition no longer had an adverse effect on her life.

In October 2001, she began proceedings under the Disability Discrimination Act alleging discrimination on grounds of her employer's failure to make reasonable adjustments for her disability.

In May 2002, after 33 years service, Boyle was made redundant and, arising from this decision, she brought further proceedings alleging victimisation and unfair dismissal.

Her legal battle went as far as the Court of Appeal in Belfast before ending up in the House of Lords, then the UK's highest court.

Upholding a Court of Appeal ruling, the House of Lords has now ruled that people with physical or mental health conditions which vary in severity over time should still be termed 'disabled'.

The ruling means that more people with controlled, recurring conditions are covered by disability law.

It extends protection from discrimination to people with a range of health conditions where symptoms can be managed or may fluctuate. This could include conditions such as diabetes, multiple sclerosis and epilepsy.

# Chronicles of the Pengelly Belly



Nicola Pengelly at home in her herb garden



Make the most of the summer with these simple and healthy dishes. By eating foods of a variety of colours you can ensure that you are giving your body the nutrients it needs. Pulses, nuts and seeds are also an ideal source of protein, fibre and other valuable vitamins and minerals.

## Refreshing summer salad with watermelon and feta (serves 4)

I'm quite partial to a nice summer salad and I like using contrasting flavours and textures. Add a bit of variety to your lunch box with this refreshing number, packed full of goodness!

### INGREDIENTS

1 bag of mixed green salad leaves (try spinach, watercress, and rocket)  
 1 red onion, peeled and thinly sliced  
 250g feta cheese, crumbled  
 Half a small watermelon, with the flesh diced into 2cm cubes  
 A small handful of pumpkin seeds  
 2-3 tbsp extra virgin olive oil  
 Balsamic vinegar

### METHOD

1. Place the salad leaves into a large shallow bowl.
2. Scatter over the red onion, feta cheese and watermelon and gently combine.
3. Sprinkle over the pumpkin seeds and finish with a drizzle of olive oil and balsamic vinegar.
4. Serve and enjoy!

Alternatively, you can add pine nuts or replace the watermelon with honeydew or gala melon.

## Butterbean and sweet potato savoury crumble

This is a staple 'store cupboard' week night supper in our household. You can always replace the butter beans with haricot beans or chickpeas. It is also delicious the following day in your lunch box.

### INGREDIENTS

1 onion, finely chopped  
 2 stalks of celery, thinly sliced  
 2 cloves of garlic, crushed  
 1 tin of butter beans (in unsalted water), drained  
 2 carrots, peeled and finely diced  
 1 tin of chopped tomatoes  
 1 large sweet potato, peeled and diced into 2cm chunks (you can use normal potatoes)  
 1 pint vegetable stock  
 1 tsp mixed dried herbs

### FOR THE TOPPING

4oz of dried bread crumbs (try ciabatta or mixed seed loaf)  
 3 tbsp olive oil  
 2 cloves of garlic, crushed  
 2 heaped tbsp grated parmesan cheese

### METHOD

1. In a large saucepan, over a low heat, gently fry the onions and celery in 1 tbsp of olive oil until the onion is translucent and the celery is soft.
2. Add the dried herbs, garlic, butter beans, sweet potato and carrots and leave to sweat for 5 -10 minutes until the carrots soften. Keep the lid of the saucepan on and give the pan a shake every couple of minutes to prevent sticking.
3. Add the chopped tomatoes and vegetable stock. Season to taste.
4. Leave to simmer for 20 minutes. Preheat the oven to 180° C/gas mark 4.
5. While the vegetables and beans are simmering, make the topping. In a large bowl add the breadcrumbs, olive oil, parmesan and garlic. Mix well and season to taste. I sometimes like to add some pine nuts and pumpkin seeds.
6. After 20 minutes, pour the vegetable and bean mixture into a ceramic baking dish and sprinkle the bread topping on top and gently spread it out. Place the dish onto a baking tray and place in the oven for 30 minutes, or until the top is golden brown.
7. Serve with some seasonal greens or a side salad.



## Restaurant Review



## Eating out at the bottom of a big pit

There are several places to eat at the Eden Project and all are very accessible. We have visited Eden many times and eaten at all of its restaurants, it is a great experience.

The main eating area is 'at the bottom of the big pit' in the Link between the Rainforest and Mediterranean Biomes. Here around 70 catering staff look after three seated restaurant areas that serve different meals, for which over 75% of the ingredients are sourced locally.

In the centre is the the pasty counter, supplying the Eden made premier pasties and pasties from Crantock Bakery, serving up to 600 a day during peak season.

Towards the Rainforest Biome is the self service Zzub Zzub restaurant, where there is a wide variety of Cornish food ranging from sandwiches and salads, to hot meals with plates piled high by the catering staff. They have four different seasonal menus throughout the year and feature good wholesome fare such as Cornish mutton and spring vegetables, Eden ale pie, Cornish fish pie (using locally landed fish in a white wine sauce), and Homity pie with Cornish wild garlic, potato, leeks and cheddar. All have great flavours and are very reasonably priced at £5.95 each. We have tried most of them over the years we've been visiting Eden.

In the waiter service Med Kitchen you can enjoy some of the finest flavours of the Mediterranean, prepared using

local seasonal ingredients. Here we met Tim Smit, the inspirational founder of The Eden Project, having a lunch meeting with colleagues to discuss ideas to widen the visitor experience of eating food flavours from around the world, but using local produce. Starters average £3 each, including Cornish smoked mackerel pate, fresh breads from the Eden in-house bakery, salads, cheese dishes, soup and Moroccan spiced chicken wings. Main dishes range from £7.50 to £11.50 and include, Italian stone baked 10" pizzas made to order with a wide selection of toppings, pasta dishes, meat or fish dishes, and a variety of salads. You can finish your meal from a great selection of desserts and there are also good wines and beers to enjoy with your food. You can also sit outside in a sheltered area to eat.

We have covered the main eating areas at Eden but there are many other cafes with food at the Core Building, Visitor Centre and outside areas during the summer. All are very accessible for wheelchairs and mobility scooters. You can also take your own picnic to enjoy at the many areas provided around the grounds.

Considering that Eden is built in an old clay pit, it is one of the most accessible attractions in Cornwall, catering for people with any disability. Why not visit Eden and enjoy their flavoursome food, all the staff will ensure that you have a great day.

**By Anne & George Le Hunte**

**Q. I am on Incapacity Benefit, but have heard of a benefit called Employment Support Allowance. Can I receive this on top of my Incapacity Benefit?**

**A.** At DIAL we are asked a lot of questions regarding Employment Support Allowance (ESA) so it's probably worth giving a few details on exactly what it is and how to claim. ESA was introduced in 2008 to replace Incapacity Benefit and Income Support for people unable to work through ill health. It is divided into two components; 'contributory' and 'income related' much like Jobseeker's Allowance. On claiming, the Department of Work and Pensions will check your contribution record to see if you qualify for the contributory component. Income related ESA is means tested similar to Income Support where your income/capital and that of your partner will affect any award. It's possible to receive both components. As with Incapacity Benefit you can self-certificate for the first seven days but after that you will need to see your doctor for a medical certificate.

If you qualify, you will enter a 13 week assessment phase and undergo a work capability assessment which will involve completing forms, undertaking a work focused interview and possibly a medical examination. This will decide whether you are entitled to ESA in the longer term. If you are entitled you will be placed in either a support group, where you do not have to undertake work focused activities, or a work related activity group which will involve satisfying further work related conditions. If you fail to satisfy these conditions your ESA may be reduced and if you fail the work capability test you will not be entitled to ESA. You can appeal against the decision and request to remain in receipt of this benefit until your appeal is heard.

So, in answer to your question, you cannot receive Incapacity Benefit and ESA. However, people who are on Incapacity Benefit and Income Support due to ill health will migrate over to the new benefit in the next few years.

If you require any further help or information on any of the issues raised above, please contact DIAL.

T: 01736 759500

**Q. I am struggling to use the bathroom in my house and it is now becoming unbearable. Is it true there might be a grant to help me adapt the room?**

**A.** The Disabled Facilities Grant (DFG) is designed to help meet the cost of physical adaptations or alterations to a property to make it more accessible for its owner or resident. It has been used in the past for things like widening doorways, installing a 'wet room' or converting an attached garage into an accessible living space.

Your local housing authority administers the DFG, but most applications will initially be referred to the council's Department of Adult Care and Support to carry out assessments to determine the level of individual need. DFG's are means-tested, so income and capital are taken into account when deciding the outcome of an application. The only exception is if an application is being made on behalf of a disabled child or young person.

The maximum mandatory grant payable from 2008 – 2009 was £30,000, though some local authorities previously exercised their discretionary powers to increase that amount in certain cases. The local authority must be satisfied the works are both necessary and appropriate for the needs of the disabled person, and reasonable and practicable in relation to the property.

If you apply for a DFG, a decision should be made within six months and work carried out within 12 months of the decision, though this can vary according to available resources and individual requirements.

Further information is available from Cornwall Council.

**T: 0300 1234100**

Due to the new government and the many proposals to cut the country's deficit, things are changing incredibly quickly, particularly regarding welfare benefits and government services.

Please bear this in mind and if you are in any doubt at all concerning your entitlements, benefits or rights, please contact us.

DIAL: 01736 759500



## DIAL collating evidence of disability hate crime

According to the Crown Prosecution Service, there were only seven disability hate crimes reported to the Devon & Cornwall Police last year. Perhaps there are less incidents of this disturbing and malicious form of discrimination in the two most westerly counties than the rest of the UK, or perhaps disabled people do not feel confident or comfortable dealing directly with the police or fear a potential investigation may escalate into further problems.

# The emergency budget

Chancellor George Osborne, delivered an emergency Budget on the 22 June, setting out welfare reform savings of £11 billion designed to 'reward work and protect the most vulnerable'. Here follows the main welfare benefit and tax credit changes.

## Disability Living Allowance (DLA)

- Introduction of medical assessments for all DLA claimants from 2013/2014

## Tax credits

- April 2011 – the second income threshold for the family element of child tax credit will reduce from £50,000 to £40,000.
- April 2011 – the baby element will be removed from child tax credit and from April 2012, the 50+ element will be removed from working tax credit.
- April 2011 – the child element of child tax credit will increase by £150 above the Consumer Price Index and in April 2012, will increase by £60 above indexation.
- April 2011 – the level of in-year rises of income that will be disregarded from calculations of tax credit entitlement, will decrease from £25,000 to £10,000 and from April 2013, will be reduced further to £5,000.
- April 2012 – the period for which a tax credit claim and changes of circumstances can be backdated will be reduced from three months to one month.
- April 2011 – people aged 60+ will qualify for working tax credit if they work at least 16 hours a week, rather than 30, as it is now.

## Benefits and children

- October 2011 – lone parents whose youngest child is aged five or above will be eligible for jobseeker's allowance rather than income support. Existing claimants will be transferred from income support to jobseeker's allowance from April 2012.
- April 2011 – the government will restrict eligibility to

the sure start maternity grant for the first child.

- January 2011 – the health in pregnancy grant will be abolished
- April 2011 – child benefit rates will be frozen for three years.

## Benefits for older people

- April 2011 – state pension will be up rated by a triple 'guarantee of earnings' prices, or 2.5%, whichever is the highest, but the basic state pension will increase by at least the equivalent of the retail price index.
- April 2011 – the standard minimum income guarantee of pension credit will increase by the cash rise in a full basic state pension.
- April 2011 – the government will consult on how quickly it will phase out the default retirement age.

## Housing costs and housing benefit

- October 2010 – the standard interest rate used to calculate support for mortgage interest payments will be set to equal the Bank of England's published monthly average mortgage rate.
- April 2011 – housing benefit claimants with a disability and a non-resident carer will be entitled to funding for an extra bedroom.
- April 2011 – local housing allowance rates will be capped at £250 per week for a one bedroom property, £290 per week for a two bedroom property, £340 per week for a three bedroom property and £400 per week for four bedrooms or more.

## Council tax

- The government will work in partnership with local authorities to implement a freeze in council tax in England in 2011/2012.

The full emergency Budget report and accompanying documents can be viewed at [www.hm-treasury.gov.uk/2010\\_june\\_budget.htm](http://www.hm-treasury.gov.uk/2010_june_budget.htm)

Disability Cornwall's telephone based information and advice line, DIAL, will be collating the experiences of people who have been harassed or experienced hate crime because of their illness or disability. The DIAL team of qualified advisers will relay the evidence gathered to the Equality & Human Rights Commission in direct response to the commission's recent 'call for evidence'. This information will help the commission show what police, social services, schools, bus companies and other agencies can do to put an end to the harassment of disabled people in public places and behind closed doors.

If you have a story which you would like recorded, please contact a DIAL adviser.

**T: 01736 759500**

**E: [dial@disabilitycornwall.org.uk](mailto:dial@disabilitycornwall.org.uk)**

Family members, friends, carers, or voluntary and statutory organisations can also submit evidence anonymously. Evidence must be received by Friday 10 September 2010 and you can also join the disability hate crime network on facebook.

**Report it and you make a difference not just for you but for all disabled people.**



Congratulations to Mary and her team on their world record.  
Well done all!

# Handyperson Service

## Assisting older and disabled people in Central and West Cornwall

Whether you need a light bulb replacing, help moving a small piece of furniture or getting settled in your home after time in hospital, our Handyperson Service is ready to help.

Call the Handyperson Service on 0800 678 16 76 Monday to Friday (9am till 5pm)  
[www.i-futures.co.uk/care](http://www.i-futures.co.uk/care)



The Handyperson Service is funded by



Please note that this is not a comprehensive list of all the organisations in Cornwall. If you would like to be included or require any further information please contact DIAL.

**ADVICE AND SUPPORT ORGANISATIONS**

Action for Blind People	01392 332818
Age Concern	01872 266388
Alcoholics Anonymous (24 hours)	0845 7697555
Arthritis Care	0808 8004050
Asbah	01726 861062
Benefits Enquiry Line	0800 882200
British Red Cross	01872 272471
Citizens Advice Bureaux Cornwall	0844 4994188
Charcot Marie Tooth Disease	01566 86818
Consumer Direct	0845 4040506
Cornwall Advocacy Service	01872 242478
Cornwall Alcohol & Drug Agency	01872 263001
Cornwall Sight Centre	01872 261110
Cornwall Deaf Association Tel/Fax	01872 225868
Cornwall Disabled Association	01872 273518
Cornwall Dyslexia Association Helpline	01872 274827
Cornwall Macmillan Service	01872 354383
Cornwall People First	01736 334857
Cornwall Race Equality Council	07515 580002
Cornwall Rural Community Council	01872 273952
CRUSE Bereavement Care	
Counselling Helpline	0208 9399530
DIAL Cornwall	01736 759500
Direct Payments Scheme	01872 324357
Disability Cornwall	01736 756655
Eating Disorder Association	01872 264531
Enable (training advice)	01208 77711
Epilepsy Association Helpline	0808 8005050
Gamblers Anonymous	0207 3843040
HEADWAY (for head-injured people)	01208 873567
Healthy Gay Cornwall	01872 262929
Huntington's Disease Association	01288 361975
ICAS (Independent Complaints Advocacy Service)	01579 345193
MENCAP Helpline	0207 4540454
MESH (ME Support & Help)	01209 217271
Mid-Cornwall Lifestyles	01208 79911
Motor Neurone Disease Association	0560 1984243
Multiple Sclerosis Society	0808 8008000
National Autistic Society (West Cornwall Local Support Branch)	07917 559600
National Osteoporosis Society Cornwall Helpline	01872 561787
Parkinsons Disease Society Helpline	0808 8000303
Pregnancy Counselling Service	01872 222626
Relate – Relationship Counselling	01726 74128
Shelter	08445 152300
SSAFA Forces Help	01872 863078
St John Ambulance	01726 815967
Stroke Association	01392 447362
YMCA	01736 365016
YWCA – Truro Young Women's Centre	01872 263112

**CARERS**

Carers UK	0207 4908818
Carers Line (Wed & Thu 10am – 12 noon)	0808 8087777
Carer Support Service	01872 243531
Mental Health Carer	
Support Workers Project	01209 613456
Origo (for older carers of people with a learning disability)	01872 264057
Parent Carer Council for Cornwall	01736 756037
Young Carers Project	01209 614956

**COUNCIL**

Cornwall Council	0300 1234100
SOCIAL CARE - Directorates of Adult Care & Support and Children, Schools & Families	0300 1234131
Out of hours (between 5pm – 7.45am)	01208 251300

**CRISIS SUPPORT**

Cornwall Rape & Sexual Abuse Centre	01872 262100
Domestic Violence 24hr Helpline	01872 225629
West Cornwall Women's Aid	01736 367539
Samaritans Cornwall	01872 277277
Victim Support	0845 0567999
Women's Domestic Violence Network	01208 79992

**HEALTH**

Cornwall & Isles of Scilly Primary Care Trust	0845 1708000
CIOSPCT Patient Advice & Liaison Service (PALS)	0845 1708000
Cornwall Partnership NHS Trust	01726 291000
CPT PALS	01726 291109
Derriford Hospital	0845 1558155
Derriford PALS	01752 211818
Disablement Services Centre	0845 1558071
Health Promotion Service	01209 313419
Marie Therese House (MTH)	01736 758875
NHS Direct	0845 4647
Royal Cornwall Hospitals Trust (Treliske)	01872 250000
RCHT PALS	01872 252793

**MENTAL HEALTH**

Alzheimer's Disease	
West Cornwall	01872 560148
North Cornwall	01566 774425
Bufferzone	07929 867264
Kernow Mind Partnership	
Carrick	01872 222469
Newquay	01637 871063
Plymouth & district	01752 254004
West Cornwall	01209 714550

Cornwall Mental Health Project	01872 243532
Rethink	01208 815676
Rural Community Link Project (promoting mental health)	01726 821858
Nightlink (between 5pm-midnight)	0808 8000306
(outside these hours)	01208 251300

## MOBILITY EQUIPMENT SUPPLIERS

Cornwall Mobility Centre	01872 254920
HSC Mobility	01736 755927
Launceston Mobility	01566 774030
Pro Mobility	01326 569494
Tremorvah Industries	01872 324340

## PARENTS YOUNG PEOPLE & CHILDREN

Barnardos (Social Inclusion Project)	
East	01566 86873
West	01736 361868
Childline	0800 1111
Connexions	01566 777672
Cornwall SHARE (information /advice /counseling 13 -25yrs)	0800 181033
Cornwall Youth Service	01872 326326
Contact A Family	0808 8083555
Disabled Parents Network	0300 3300639
Face2Face	0844 8009250

NSPCC Child Protection Helpline	0808 8005000
Parent Partnership Service	01736 752826
Special Parenting Service	01872 358713
Young People Cornwall & Hear Our Voice	01872 222447

## TAXIS (with good accessibility provision)

A2B	0800 1695473
Ansom Cabs	01208 72207
Bodmin Taxi Service	01208 73000
Caradon Cabs	01579 340007
Hayle Taxis	01736 753000
Gemini Cars	01736 755599
L & R Cars	01736 800414
Richard Wilson Transport	01726 883460
Summercourt Travel	01726 861108
Travel 4,000	01209 719961

## VOLUNTEERS & VOLUNTEER TRANSPORT

Age Concern Volunteer Transport (TAP)	01872 223388
Volunteer Cornwall Head Office	01872 265305
Transport	01872 265300
Cornwall Community Volunteer Services	01209 718844
East Cornwall Council for Voluntary Services	01208 75799
Women's Royal Voluntary Service	0845 6014670

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Although the DISCOVER team do their utmost to ensure every service published within the magazine is fully compliant with the Disability Discrimination Act 1995, readers should be aware we cannot vouch for the full accessibility of each and every one.

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Date .....

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Register with easyfundraising and choose us as your cause to support. When you shop online through this site you can choose from over 2000 retailers, including popular names such as Amazon, M&S and Argos. Up to 15% of every purchase will then be donated to Disability Cornwall! It doesn't cost you a penny extra to shop but it raises funds for us. Many retailers now give extra discounts when you buy through this site, so you can even save money!



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Follows are the bank details which you will need if you wish to set up a standing order. Please use your name as the reference.

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