

Issue 13 – Winter 2011

DISCOVER

FREE

*disability aware lifestyle
magazine for Cornwall
and Isles of Scilly*

**Taking to the slopes with the
ski 2 Freedom Foundation**

**Disabled people receive prison
sentences instead of community
support**

**DISCOVER aiming
for the airwaves with
Redruth Radio**

**Two young family men
tackle their incurable
disease with optimism**

**Cornwall's Celtic Storm bring
home the silverware**



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We have 70 associate members who are organisations from across Cornwall and beyond and 350 individual members. Membership is free to individuals who are disabled and reside in Cornwall.

There are many benefits of membership, not least a free copy of DISCOVER delivered to your door. You will find a membership form at the back of the magazine, just fill it in and send it to us. It's that easy!

Did you know...

We produce three editions of DISCOVER per year with a print run of 5000 each time.

In addition to sending them to all of our members and groups we work with, they are distributed across Cornwall & the Isles of Scilly to healthcare waiting rooms, such as hospitals and GP & dental surgeries, Cornwall Council venues, including all 22 one stop shops, libraries and some leisure & tourist attractions.

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Ways you can support us:



Use 'everyclick' as your search engine and nominate Disability Cornwall as your chosen charity, every click will make a donation!



Use recycle4charity to dispose of your old ink cartridges and mobile phones and nominate Disability Cornwall. Alternatively you can send them to us and we will recycle them for you.

CHRISTMAS is on the way...

Disability Cornwall asks it's friends and followers to go through the easyfundraising website when shopping online.

By accessing any of the thousands of retailers through this site, you will help raise essential funds for our organisation, assisting us to sustain our excellent work here in Cornwall. Big brand retailers such as M&S will donate 6.25% of whatever you purchase to us, Amazon 2.5% and Argos 0.75%. All you have to do is nominate Disability Cornwall as your chosen charity to support.

Shopping this way will not cost you a penny more, its easy to use and completely free. You will receive even better offers from these retailers once you have registered!

www.easyfundraising.org.uk

easyfundraising
.org.uk



Recycle me!

When you have finished reading DISCOVER, rather than putting it in the recycling box, why not pass it on to someone else or drop it in to a dentist, chiropodists, day centre, care / nursing home, hairdressers or café. If you have any other ideas or would like to tell us how well travelled your DISCOVER becomes, then please let us know.

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None of the views expressed in DISCOVER necessarily reflect the views of Disability Cornwall & Isles of Scilly Ltd, our members or sponsors. Although our team do their utmost to ensure every service published within the magazine is fully compliant with the Disability Discrimination Act 1995, (now part of The Equality Act 2010), readers should be aware we cannot vouch for the full accessibility of each and every one.



DISCOVER magazine is published by



We are a disabled people's organisation, act as a representative voice and provide a great range of services to facilitate independent living and challenge discrimination where we see it.

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INVESTOR IN PEOPLE

Visit our new website

In our site you will find 'my space,' a truly ground-breaking, interactive project. We want to map all the accessible places to visit across the whole county, be it a countryside walk, a pub, restaurant or gallery. My space will help us to share this information with locals and visitors. So please log in, register your favourite places or rate places others have registered.

www.disabilitycornwall.org.uk

Welcome

To the 13th edition of DISCOVER, hopefully lucky for us all! Our previous issue caused a little bit of controversy, with two complaints received and if you too were offended by the front cover, then we apologise. We felt the photo chosen powerfully demonstrated how disability needn't be a barrier to achievement, when the right support is in place, as illustrated by the Cornwall Association Blind Shooting Club.

We also believed the photo best illustrated the fear currently being felt by many, such as the numerous calls to our DIAL service from worried people, feeling victimised by constant media headlines seeming to imply benefit claimants are all scroungers and cheats, and how the removal of their benefits will solve our economic woes! DISCOVER exists to represent and provide a collective voice for disabled people in Cornwall and the strapline on the front cover of 'A Call to Arms', was a rallying call, linking to Kaliya Franklin's statement inside, that individual voices are too quiet to be heard and disabled people need to shout out together.

Front cover

On the slopes with the
Ski 2 Freedom Foundation



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Photography

Our principal photographer is Geoff Squibb LRPS. You can view and make purchases from Geoff's fantastic gallery of images by visiting: www.cornishpixels.org.uk



DISCOVER is your magazine

So please send us your stories, letters, pictures, jokes and poems. Do let us know of any forthcoming events so we may share them.

This edition covers some of the recent major news stories including the horror of Winterbourne View. The new 'DISCOVER debate' feature asks what's the price of dignity in the wake of McDonald vs. Kensington & Chelsea, and we consider why many disabled people are still being locked up in our prisons when what is required is proper holistic treatment and support.

DISCOVER is always about people, and in these pages we showcase the work and lives of some incredible disabled people, from a 'poet in motion', Brandon Wint, to Patrick Joyce and Alistair Banks, diagnosed with motor neurone disease, but living with this degenerative and terminal condition with hope, humour and optimism. We pay tribute to Anne Novis who has in many ways helped all disabled people by raising much needed awareness of disability hate crime, and celebrate the Cornwall Blind Association's appointment of its first ever visually impaired Director, Terri Rosnau.

Thanks for reading, we hope you enjoy it.

The DISCOVER team

Great advertising rates

DISCOVER offers competitive rates for small businesses and our Associate Members enjoy attractive discounts. To find out more please contact our team.

T: 01736 756655

E: discover@disabilitycornwall.org.uk



JUST GIVE IT A GO!

"Before going skiing I was quite scared about it, but my teacher helped me feel more confident and taught me how to snow plough and turn. I say just give it a go!"

Matthew Howard aged 8





Skiing, snowboarding, sledging, snow, clear blue skies, beautiful majestic scenery, glistening mountain peaks... they have always been there, but for many seen only as the preserve of those without a disability. In fact, the mountains have been a place of rehabilitation, rejuvenation and life-changing experiences for over 200 years and adaptive skiing is not new. Injured soldiers were sent to Switzerland after the second world war for exactly that reason.

Giving families and individuals the opportunity to enjoy the mountains in winter is the main objective of the independent non-profit organisation Ski 2 Freedom Foundation. It's relatively easy for individuals and families to organise a ski holiday, but for disabled people or a family with a disabled member, it's not so simple. Often it's a time when an agonising decision has to be made – do we leave our child behind or do we just not go skiing anymore? For one family, whose youngest son is disabled, it was unthinkable to go with the rest of the children and leave Hugo behind, which meant the family ski holiday had come to an end. Happily, Hugo's parents met a ski instructor who dismissed the idea Hugo couldn't learn to ski, despite his disability.

At the end of a totally inclusive family holiday Hugo said, "My mum and dad weren't even sure if I would walk, but they believed in me, and now I can ski! When I'm alone, I sometimes think I'm unlucky, but then I think at least I can ski so maybe I am lucky!"

The Ski 2 Freedom Foundation was the idea of Catherine Cosby, whose 27 year old daughter has Rett Syndrome, a rare neurological disorder. Catherine's own experiences have given her a passionate understanding about using snow-sports and the mountains as a catalyst to assist disabled people to regain self-confidence and feel a greater sense of inclusion. She understands the many complex needs and requirements of an individual with a disability or additional need, and why matching those needs with a ski school or instructor and resort is so vital to the overall outcome of a holiday.

Acting as a portal, Ski 2 Freedom, provides a resource of comprehensive information on all the elements associated with the mountains in winter, which meets the specific requirements of people with a disability, additional need or illness. So often the word disability is interpreted as 'wheelchair user' and although Ski 2 Freedom does work with people who have restricted mobility, many other people do not even require specialist ski equipment.

Whether a person is blind, has an amputation, or recovering from cancer, the opportunities for enjoying themselves and having an inclusive holiday with family or friends is unique.

For actor David Proud (formerly in EastEnders) who has spina bifida and is a wheelchair user, going skiing for the first time was a life changing experience. He said: "As a disabled person you face a constant battle with barriers that other people believe you can't overcome. For me, the minute it snows I'm usually tucked up in a house with the kettle on and a warm blanket, watching people play in the snow outside. I have always known disabled people can ski, but it's not the sort of



of Paralympic standard! My aim is to become highly skilled to be able to tackle some of the steepest runs the Alps have to offer. Catering for novice skiers to skiers looking to enter the top flight of competition skiing, Ski 2 Freedom is a vital link to getting disabled people active and skiing."

Maddie Hind has hemiplegia and first went skiing at the age of three. "I probably have the best ski instructor in the world called Katrin," said Maddie, "She makes me work hard and finally this year, the best of the best, I worked really hard and now I can go fast!"

Helen and her children also had their first family ski holiday in France. Helen is blind and her children have high functioning autism. "It was an enormous delight to see my children enjoying skiing so much and I'm sure it won't be many years before they push us to go faster! It was very thought provoking with mixed emotions seeing my daughter, Kathryn in particular, being taught so specifically that she was able to achieve such a high standard. It reminded me of how able she is and of what is truly possible."

Ski 2 Freedom Foundation
T: 0041 764661417
www.ski2freedom.com

thing your local travel agent has any idea about."

He continued, "The awesome feeling of skiing down a mountain and having all barriers removed, well that's freedom! No matter where your friends or family are going you can be with them."

Not only did David feel the alpine scenery was breathtaking, but importantly there didn't seem to be any limits, although food was a bit of a problem!

"It's helped me face my fear of heights" he said, "But I love the food in the Alps far too much to be



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Tuesday, 6 September 2011

Government guilty of creating negative attitudes towards disabled people

Sharon Brennan has her own Blogspot, Diary of an NHS Buff, where she recently commented on a BBC commissioned survey. Sharon, who has cystic fibrosis, argues how the survey results seems to indicate a negative public attitude towards disabled people, and how insidious attention grabbing media headlines may be responsible. Her blog stated the following:-

Interestingly, 90% of people thought the government should do more to help disabled people into work. I found this outlook really refreshing as I recently wrote a piece for the Guardian newspaper discussing the need for the government to recognise how disabled employment must be a two way conversation. Disabled people must be willing to work but employers must be willing to hire. Despite government refusing to discuss the fact it's harder for disabled people to find work, it was great the average person recognises it as a problem.

Where the BBC survey results were less positive, were in its findings that 40% of people think disabled people would 'refuse work even when they have been found capable of doing it'. This figure rose to over 50% among young respondents and those on low incomes. Clearly there is a negative perception of disabled people in the UK, which can undoubtedly be attributed in part to right-wing media representation of disabled people. The Daily Mail is notorious for this and a recent front page screamed, '75% of claimants are fit to work', and 'tough new benefits test weed out the workshy'.

You expect this kind of thing from the Daily Mail. But what shocked me is the 75% figure came from a press release from the Department of Work & Pensions. This figure is wrong, so it amounts to blatant government propaganda.

The government reached its 75% figure by adding together 39% of people found fit to work and 36% of people who removed their claim during the assessment process. This 36% figure is problematic, as there is much anecdotal evidence that those withdrawing their claims are people suffering from mental illness who find the process too frustrating and to have a negative impact upon their health condition. The truth is the government has no idea what happens to these 36% of people, as it doesn't track those who withdraw their claim. Which also means they've no idea why they stop the process, although of course the Mail is quick to claim it's because they were merely 'trying it on'.

But let's turn our attention to the number of successful appeals against ATOS's decisions. When you follow the 'Notes to editors' link in the DWP's press release, it reveals a more in-depth report showing every month on average, 40% of appeals against ATOS are upheld and the claimants are awarded Employment Support Allowance (ESA). Not much focus on this in the papers, is there?

The government has access to this data and I've taken it directly from its own report, so it's clear for some reason the government has decided to spin the statistics associated with who is and isn't fit to work. It seems to suit their current agenda for the public to think the majority of ESA claimants are 'scroungers'. Perhaps they realise they can only get the public to accept their massive welfare cuts if the public think the money is going to the undeserving. This might explain why, in the BBC survey, the number of people who think disabled people choose not to work rises among those people who are most struggling to get by in life or to get a job. So the government at least seems to be doing well at one thing – pitting one set of welfare cut losers against another.

www.nhsbuff.blogspot.com

The Buff

Blog Archive

- ▶ 2011 (14)
- ▶ September (1)
- NHS reforms pose worrying questions for Britain's ...
- ▶ July (1)
- ▶ June (1)
- ▶ May (2)
- ▶ April (1)
- ▶ March (2)
- ▶ February (2)
- ▶ January (4)

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stand up to
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HOLOCAUST
MEMORIAL DAY

Leading the charge to tackle the crime

Anne Novis is a mother of four, a grandmother of three, a trained counsellor and a wheelchair user who lives in London. Anne has twice been the victim of hate crime because she is a disabled person. She was a victim of hate crime in 2004 when a group of six men followed her and stopped her from moving down the street. The men shouted abuse and told Anne she 'should be in a home' and threatened her with a plank of wood. Four years later, Anne was again targeted on the street by a man who verbally abused her, saying at one point she should have been 'killed at birth' and that she was a 'nuisance'. Anne reported these incidents as hate crimes to her local police.

This year Anne Novis received a richly deserved MBE for her services to disabled people in raising much-needed awareness of disability hate crime.

An independent advisor to both London's Metropolitan Police and the British Transport Police, Anne also sits on the Ministry of Justice Hate Crime Advisory Board and the Metropolitan Police Authority Hate Crime Group. In other words, when it comes to disability hate crime, Anne pretty much knows the score, and all from direct personal experience.

She became involved in her local disability organisation after a sudden spinal injury resulted in her becoming a wheelchair user. Anne said: "I faced humiliating discrimination and felt a burden to my family and society. But gradually learning about the Social Model of Disability and independent living through direct payments for care, changed my life."

Involvement with her local disabled people's organisation led her into contact with people experiencing deliberate attacks and abuse due to being a disabled person. Through living in Greenwich, London, Anne saw how the Stephen Lawrence case initiated many changes in the understanding of hate crime and also the parallels between the two experiences of race and disability hate crime.

"I have always been involved in my local communities," said Anne, "first as a parent, then as a youth worker and counsellor. I knew changes could happen through persistence and getting people to understand disabled people's experiences of hostility."

What Anne didn't know was how hard and long it would be to get the police, justice services and government to recognise disability hate crime. So why did she persist?

"Why did I persist? Because I cannot stand by and let injustice occur," said Anne. "To see disabled people's lives ruined by vicious derogatory words and actions is intolerable, and change has to start somewhere. To stand by, knowing what is wrong and what could change to make things better, is like being part of the problem."

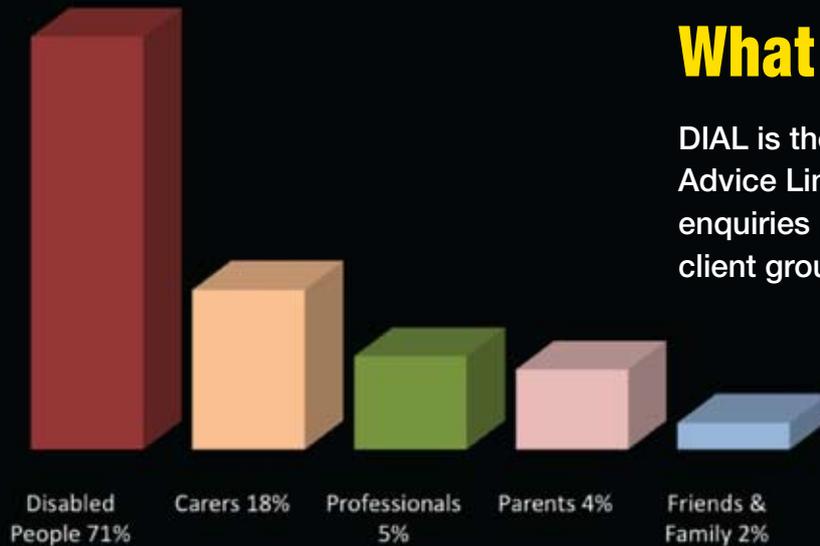
After being attacked several times, she said, "It made me change the way I live, by trying to disappear into the shadows so no one will notice me. I became careful where I went and always had someone with me, but even then I have been vilified. It's frightening and no matter how confident a person you are, you cannot help but be affected by it."

Anne continued: "Add to this the knowledge most justice services won't take the issue seriously and real justice is still out of reach of most disabled people. Currently the focus has swung to protecting people with learning difficulties from hostility, which is great, but what about the rest of us? Do we not deserve the full protection of law too? Society needs to realise what part it plays in allowing disabled people to be attacked and killed without equal protection and justice in law, let alone support and understanding."

So Anne intends to battle on, campaigning against the attitudes that can lead to disabled people's deaths and challenging the inaction and apathy. She added, "I'm hoping, so hoping, one day all people will realise they too could become a disabled person and they could face what I and thousands of others have faced: disbelief, apathy and no justice, for we are in the shadows of a world that just passes us by. We are perceived as different and therefore less valid, as nothing else can explain the total disregard most members of society have for disabled people."

What is DIAL?

DIAL is the Disability Information & Advice Line and receives over 2,500 enquiries per year from the following client groups



Comments from people who have used our service

I hope DIAL continues. They are able to give information on many confusing aspects and don't pass you from department to department.

I value the independent nature of DIAL and the level of expertise around disability issues. The answer machine is off putting so it would be good if they could have more staff.

I would still be struggling with the DLA form if it wasn't for DIAL.

Lovely helpful advisers. Everyone I've spoken to has been friendly, respectful and professional. Good luck with the funding!

The support we were given was excellent, the adviser was empathic, understanding and reassuring we are very grateful for the help. My partner's health has improved and he is back at work!

Without DIAL I would be struggling to survive on very little money and nowhere confidential to turn that is not government run.

I would love to see this service grow as it is doing an important job. Long term prevention by acquiring assistance from DIAL is immensely significant. It prevents situations deteriorating.

It's nice to receive follow up phone calls to check everything was OK.

When applying for benefit it was so useful for me to have someone so supportive. I would have been embarrassed to have applied and been refused.

Outreach

We have five outreach venues throughout the county where hourly appointments can be booked for clients who need in-depth advice and/or help with forms. Outreaches operate from the Cornwall Council's One Stop Shops in Bodmin, Helston & Truro, the Echo Centre in Liskeard and our own Disability Cornwall offices in Hayle.



DisAbility
CORNWALL
& Isles of Scilly
EMPOWER • ASSIST • FACILITATE

Disability Information & Advice Line

Free Independent Impartial

Our qualified advisers assist disabled people their families and professionals with information, advice and support on any disability related enquiry.

Tel: 01736 759500

10am-3pm Monday to Friday

Text: 07522 970336

E: dial@disabilitycornwall.org.uk



Charity No: 1140925 Company No: 7436153

The type of enquiries DIAL receives



■ Benefits 52%	■ Housing 2%
■ Discrimination (Human Rights & Hate Crime) 2%	■ Local Groups 10%
■ Education, Training & Employment 3%	■ Social Care 11%
■ Equipment 9%	■ Transport 6%
■ Grants/Funding 2%	■ Unspecified 1%
■ Holiday/ Leisure 2%	

What are the difficulties people face?

The majority of calls received by DIAL are for help with welfare benefits. Over 50% of enquires are in this category and with DIAL's assistance clients claimed an additional **£250,000 during 2010**.

Social Care is the next largest category. The changes within the Directorate of Adult Care and Support earlier this year caused much confusion around personal budgets, not only for service users, but also for professionals. DIAL can provide information and guidance on how to complete a support plan, assist people to challenge decisions about their care and explain the criteria and entitlement to service provision.

Examples of other calls are as varied as the individuals we are and we never know what we will be asked next! Some enquiries are complex crossing other categories, such as a housing issue for example, which may arise due to the person not claiming the correct benefit, or a clients' health deteriorating because they don't have the correct equipment and so on.

Transport in Cornwall is notoriously difficult, Blue Badge entitlement and car park charges feature quite heavily within the transport category.

Several serious housing issues have been dealt with this year. One in particular concerned an elderly person living in inappropriate housing and unable to leave the property independently. The Homechoice team sent fortnightly updates with available properties but many were not accessible, or other people had successfully bid on them before the updates were received. A DIAL adviser highlighted a

major health and safety risk regarding a fire alarm incident and a special meeting was arranged by the housing provider. Thankfully the housing provider appreciated the concerns and immediately identified a more accessible property and the client moved within a fortnight.

Enquiries about holiday and leisure activities are received not only from people within Cornwall but from the all over the UK and this year France and even The Falkland Islands!

Social Work Students Placement

DIAL hosts placements for social work students which has proven to be a positive experience for both our team and the student, who gains experience of the Social Model of Disability as practised within a user led organisation.

Volunteers

DIAL can also provide work placements for volunteers who may wish to gain office or administration skills before considering paid employment.

Community talks

This year, DIAL advisers have delivered bespoke community talks and welfare benefit overviews to approximately 25 local groups and organisations within Cornwall.

Please remember DIAL can answer any disability related enquiry, or find a man – or woman – who can!

T: 01736 759500

E: dial@disabilitycornwall.org.uk



Cornwall Disabled People against Cuts had a major presence at the September Respect festival in Truro. Against a huge backdrop consisting of a flowers' competition submitted by visually impaired people from all over Cornwall, DPAC members met many people at the festival and over 200 signed up to their mailing list deploring the benefit cuts.

Also in September, DPAC members drove to Birmingham to join a national protest at the Liberal Democrat Conference. This showed the depth of outrage at the participation of the Liberal Democrats in the Coalition's austerity programme, the worst in 80 years, disproportionately directed at the most vulnerable in society. DPAC also joined the TUC/ Right to Work protest at the Conservative Party conference in Manchester in October.

Two local actions have also occurred this autumn, with a protest against ATOS, the company which has been assessing claimants of Employment Support Allowance in September and the 'Hardest Hit' day of action in October.

For more information on how to join DPAC, please contact Chris Gibson.

T: 01872 560483

E: c.mccarther@sky.com

Protesting against the cuts locally and nationally



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Kernow Positive Support
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PL31 1ZN

Tel: 01872 262221
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Supporting people living with HIV in Cornwall with a range of specialized services, and providing respite, retreat and bed and breakfast opportunities nationally.



Stu (middle) with volunteer presenters at Redruth Radio studio

DISCOVER on air!

Would you like to help take DISCOVER onto the airwaves?

Did you ever do that thing as a teenager where you taped the charts off the radio and filled in the gaps by pretending to be the DJ in between? Stu Williams, an ex trustee of Disability Cornwall did just that, but little did he realise this innocent ambition would eventually lead him to become the founder of a community radio station in his home town of Redruth. Now, rather excitedly, as part of its commitment to community driven programming, Redruth Radio is inviting interested DISCOVER readers to come together to produce a new ground breaking radio programme.

Redruth Radio aims to involve the community in every aspect of its operation and provides free training and support to anyone wishing to become part of the station. Operational since March, it's already attracted nearly 40 volunteers with the youngest presenter only 11 years old. The station has 20 live shows per week, all produced and presented by members from the local community, and offers a diverse schedule from a programme focusing on local writers, poets and performers, to specialist shows such as rare jazz funk.

Stu explains, "Since I lost my sight in 2005, I drifted and kind of lost my way, never really knowing what I



was going to do with my life as someone with a newly acquired impairment. Then I gained the opportunity to volunteer for community radio in Falmouth and the power this gave me to transform my life, meant I just had to give the same opportunities to people in my home town of Redruth."

Stu is now working with Disability Cornwall to create a DISCOVER radio programme and is asking for anyone wishing to be part of this exciting opportunity to get in touch. "What shape the programme takes is really up to those that become involved," says Stu "But ultimately it should be entertaining, informative and also challenging for both disabled people and the wider public." Stu continues, "This is the great thing that DISCOVER as a magazine already achieves, so we are not looking to change this in any way, just take it to a different audience and produce a potentially award-winning radio programme in the process!"

If you would like to help develop ideas for the programme, to volunteer as a presenter, writer, producer, or alternatively, highlight issues or tell your life story, then please contact Stu.

T: 01209 698005

E: admin@redruthradio.co.uk

DISCOVER bits & pieces

Freephone to the DWP

Many mobile phone networks including Orange, T-Mobile, Tesco, Virgin and O2 won't charge you for calling the 0800 telephone numbers for the Department for Work & Pensions. If you have a different provider than these, we advise you check with them first.

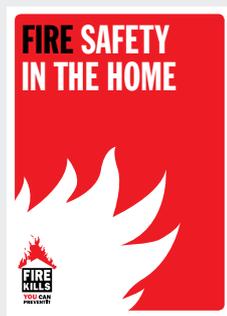
Independent living support in Newquay



A small, family owned business has recently opened to supply Newquay and surrounding areas with mobility and independent living products and equipment. The range includes scooters, rise and recline chairs, adjustable beds, stair lifts, walk in baths/showers and daily living aids. Priding themselves on great customer service, staff are happy to give out helpful and informative advice free of charge.

T: 01637 498015

Free fire safety checks



Disability Cornwall has recently teamed up with Cornwall's fire service to offer disabled people a free fire safety check of their property, which includes ensuring working fire alarms are present. This is particularly important for people employing their own personal assistants, as well as to the pa's themselves. If you employ a personal assistant, then your home becomes a workplace and it's your responsibility to make sure it is a safe place. We'll provide information about this service through the usual channels, including our website and future editions of DISCOVER.

www.disabilitycornwall.org.uk

Human Rights Human Lives

An Introduction

A one day workshop that aims to increase awareness of good practice in order to increase the well being of people who use community based services.

learn about

- ▶ Why Human Rights are important for all of us
- ▶ What 'Person Centred Care' looks like
- ▶ Definitions of the terms 'Vulnerable Adults' and 'Abuse'
- ▶ Roles and responsibilities in the Safeguarding Adult process
- ▶ Good practice in order to reduce risks

FREE

dates:

17th November 2011, Truro
7th December 2011, Newquay
8th December 2011, Penzance
11th January 2012, Bodmin
18th January 2012, Redruth
1st February 2012, Penzance
7th February 2012, Truro
14th March 2012, Newquay
20th March 2012, Redruth

Appropriate for staff, volunteers and service users from any community based organisation that have any engagement with, provide services for, or support vulnerable adults. This includes Community Groups, Social Enterprises, Charities and Town & Parish Councils.

For booking information contact:
training@cornwallrcc.org.uk
07817 450468
www.cornwallrcc.org.uk/training

The workshop has been developed by Cornwall Council's Directorate of Adult Care & Support (DAC3) Learning, Training & Development Unit and Cornwall Rural Community Council (CRCC) on behalf of the Cornwall Adult Social Care Learning Partnership.

DACS and CRCC have both achieved 'Recognised Provider' accreditation from the National Skills Academy - Social Care

DON'T MISS OUT BOOKING IS ESSENTIAL

Curiosity shop at RCHT



Boundervean Mental Health Resource Centre in Camborne has opened a curiosity shop in one of the car parks on the Royal Cornwall Hospital site in Truro, with proceeds going to the Phoenix Stroke Appeal.

The shop is open on Monday to Thursday 10am – 3pm and sells bric a brac and second hand goods. It also has a notice board for people to buy and sell a range of items.



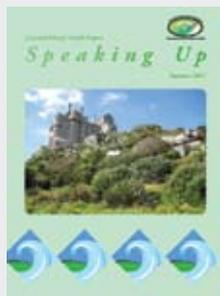
Safe Places film

Produced by Awen Productions, the film is now available on Cornwall Council's website. It illustrates the stories of people who have experienced problems when out and about in the community and why this scheme is needed.

www.cornwall.gov.uk/safeplaces

Speaking Up Magazine

This biannual magazine is produced by Cornwall Mental Health Project to keep people informed of developments in mental health services, and provides information on self help groups and agencies that may be of interest to people with mental health issues. Contributions from the public, particularly from service users or carers, are very welcome. Please contact Jane Morgan for further information.



T: 01872 243532
E: mentalhealth@cornwallrcc.org.uk

FixMyTransport

A new website from not-for-profit organisation mySociety allows passengers to contact transport operators with any problem they may encounter on their journey. As well as sending the user's message direct to the operator, the site also publishes it online, hoping to increase accountability and transparency in the public transport industry.



Early issues include a bus driver who drove off leaving a wheelchair user in the rain rather than extend his ramp, and a railway station from which wheelchair users need to travel in the wrong direction down the line just to be able to cross the track and get on a train travelling in the right direction.

Built-in functionality allows users to rally supporters to their cause and there has already been substantial press interest in issues as they arise.

www.fixmytransport.com

Tackling abuse

Many people, especially with learning difficulties, don't always understand the different types of abuse and Friendly Resources have produced a DVD showing how abuse can happen in any situation. They also have an accessible clear guide to assist younger people and people who may be vulnerable to understand abuse, how to report it and who to report it to. The DVD costs £32.90 and the guide £4.99 which includes postage and packing. Discounts are available for schools, colleges and others wishing to buy multiple copies.



www.friendlyresources.org.uk

Spending too much on your heating oil? Join the club!

www.communityenergyclub.org.uk



Bringing together a community of heating oil users in Cornwall to save you time and money.

Communityenergyclub.org.uk is a new initiative bringing together the collective buying power of other heating oil users in Cornwall.

This new oil buying club is brought to you by Community Energy Plus, Cornwall's sustainable energy and fuel poverty charity, to help householders and community buildings across the county to access more competitively priced heating oil to reduce their heating bills.

Membership is completely free and the average household could expect to save up to £85 a year by ordering their heating oil through the club*

Sign up today and enjoy a simpler way of finding the most competitive price for your heating oil.



* Savings of up to 3.5p per litre based on oil usage of average three bedroom house with standard oil fired boiler (Sutherlands Tables, April 2011).

Winter Friends

Each winter, public services come under pressure due to severe weather, flu etc, so Volunteer Cornwall is looking for people to support others in their community this coming winter. Roles will vary depending on what you want to get involved in but could include visiting older residents, picking up prescriptions, helping to keep pavements and driveways in your neighbourhood clear of ice and snow and driving, particularly if you have a 4x4 vehicle.



Volunteers are required in all parts of the county and you can get involved in as much or as little activity as you wish to suit the time you have available. You can say yes or no on a case by case basis. To sign up as a Winter Friend in your community, please contact one of the three offices below.

T: 01579 344818 (east)
T: 01726 71087 (mid)
T: 01209 217614 (west)
E: east, mid or west@volunteercornwall.org.uk

Campaigns in Action

Disabled People's Struggle for Equality



Simone Aspis

Over the past 40 years, disabled people have achieved much to be proud of, including major new laws extending civil and human rights in the UK, the United Nations Convention on the Rights of Persons with Disabilities, and of course the development of the Social Model of Disability.

These rights and initiatives now appear under attack, with the government spending cuts and our representative organisations struggling for funding, when they need to organise against the dismantling of support services and benefits. We are in danger of going back in time and disabled people and their organisations are engaged in a wide range of campaigns to resist history being repeated.

This guide highlights campaigns in which disabled people have used human and civil rights laws, together with some of the founding principles of our movement, such as the 12 Pillars of Independent Living, to bring about a more inclusive and equal society. Campaigns included in the guide illustrate many of the issues and campaigning methods adopted by disabled people's organisations, and the ways in which disabled people have led the movement for change.

The easy way to get your five-a-day

We all know we should eat more healthily and having a Riverford Organic Veg Box can be a great way to set you on the right path.

Riverford only provides 100% organic produce so you can be sure its chemical and additive free and it's not just vegetables. They also have a wide range of organic produce including fresh meat, milk, eggs, bread, wine, beer, cheese, fruit and even chocolate!

Home delivery is FREE and the friendly deliveryman will even bring it to you kitchen table if you want. You can pay by credit or debit card, cash or cheque.

For best value choose a standard Veg Box starting at just £9.85 or you can order just the things you like from the huge range of individual items. (minimum spend £12.50 if you don't order a standard box).

If you would like to know more just give Joyce a ring on Liskeard 01579 346134

Tell Joyce you saw the advert in DISCOVER Magazine and claim a FREE Riverford Cook Book with your second delivery when you set up a regular weekly or fortnightly order.

stock up with Riverford
organic food with free delivery



organic vegboxes or choose your own from the full range including meat, milk, eggs, juice and wine

call tony + joyce on 01579 346134
www.riverford.co.uk





Terri and the team at the Cornwall Blind Association



Terri Rosnau

New Director for Cornwall Blind Association

This year the Cornwall Blind Association celebrates its 155th birthday. From modest beginnings, helping miners who had lost their sight in accidents to interacting with over three thousand clients, somebody with a visual impairment is now leading the charity for the first time.

Terri Rosnau started working as a volunteer five years ago, after overcoming a brain disorder, kidney failure and depression. Discovering a passion for helping blind and partially sighted people like herself, she later accepted the position of Trustee and became an ambassador for the charity. Shortly afterwards she was made Chair, governing the board for two years, and has since been appointed Director of the Association. Terri is now determined to help the organisation grow and ultimately support more people.

Here she tells DISCOVER what her new role means to her.

“Before I lost my eye sight I was like anybody else; I was very independent, drove my own car, I knew what I expected out of life and my career, my son was only young, I had dreams. But then I lost my sight and it was one of the most devastating things to ever happen in my life. Even though it’s now six years on and most of the time you get on with it - don’t get me wrong I am incredibly proud of what I have achieved - you never really come to terms with losing your sight.

I’m very fortunate, I have a great family, I’m getting married next year and I have a good, strong network of friends around me who are always supporting me

and egging me on. But it was my care team that first pointed out the work of the Cornwall Blind Association and little did I know how much they would help me. The organisation is a place that shines a light during some of the darkest times of people's lives and it ignited the flame of life I thought I had lost.

I was delighted to take up the role of Director. I felt I was not only going to be working hard to raise the profile of the charity and the services it provides, but that I was flying the flag for blind and visually impaired people across the country, not just in Cornwall. The reason I have fought so hard for my career is because I, more than anyone else, know what it’s like to live with sight loss and I want to continue changing the lives of blind and visually impaired people in Cornwall.

Over the last six months there have been some major changes to the association as we have brought in some new members to our team and are now shaping the organisation for the future. I want to let people know there is life after sight loss and it’s an incredibly humbling position I’m now in. I’ve used the services, I’ve volunteered, and now I want to secure the future of the Cornwall Blind Association for another 155 years.☺

The Cornwall Blind Association has been part of Cornish life since its foundation in 1856. It aims to provide people who have been affected by sight loss with practical services and support so they can continue to lead independent, fulfilled lives.

**T: 01872 26110
www.cornwallblind.org.uk**

What price dignity?

Some of you may have heard or read about the results of a recent case taken by the Disability Law Service on behalf of a disabled woman, Elaine McDonald, who had her night time care withdrawn by Kensington and Chelsea. The Supreme Court ruled by a majority of four to one that the council had not broken the law by withdrawing care at night, even though it had assessed Ms McDonald as needing assistance with her toileting needs. The council argued that, while it accepted that Ms McDonald was not incontinent, the cost of providing night time care, £20,000 per year, outweighed the distress that would be caused to her from having to use incontinence pads.

Here, in our new Discover Debate section of the magazine, we explore the views from both sides

Everything has a price even life itself

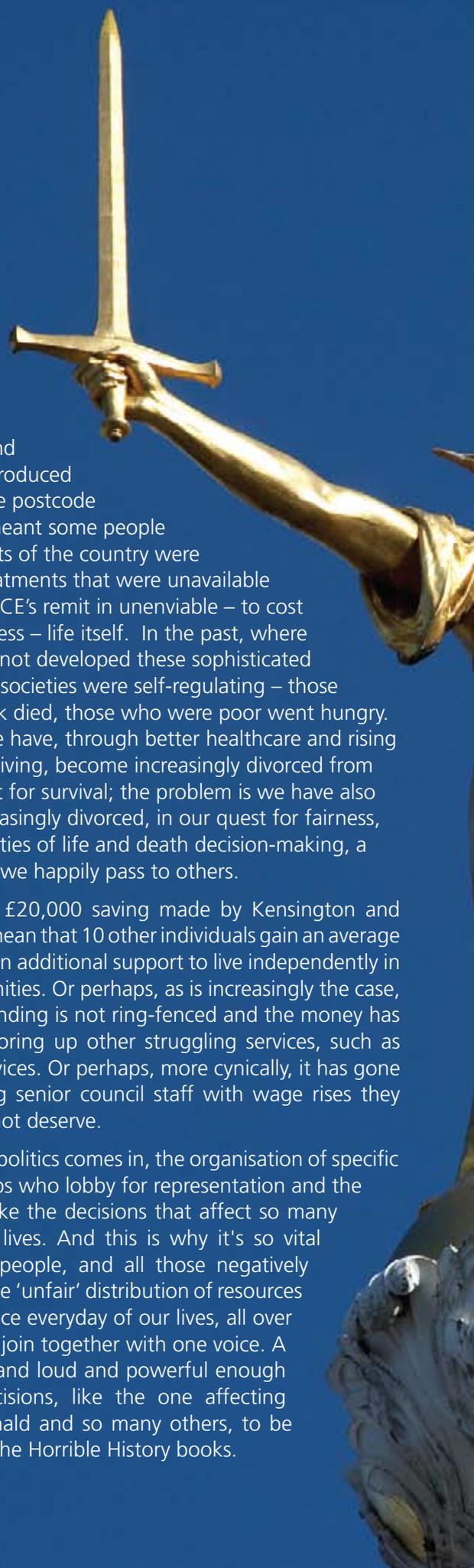
You would have to have a heart of stone to not feel there was something fundamentally wrong with a system that allows cost to override the needs and wishes of individuals, particularly here, where the consequences are such an affront to our concept of human dignity. But we also need to be clear that, when societies organise themselves as they have done over millennia, systems inevitably develop in order to oversee the distribution of finite resources. For whatever the rights and wrongs of how much there is to distribute and where it goes, whether it be food, money, housing or health and social care, the fact is that resources are not limitless, and someone, somewhere has to make the decisions that matter to you and me, as individuals.

As much as we wish it were different, social care is just such a resource, so is health. In fact NICE (National Institute for Clinical Excellence) makes decisions on a daily basis that determine whether some people will live, and some will die, whether some will receive treatment that will extend their lives by a few months or years, or whether they will not. NICE use a complex formula that assesses the quality of life of a patient and the anticipated extension in lifespan based

on particular treatments and their cost. Introduced to address the postcode lottery that meant some people in certain parts of the country were accessing treatments that were unavailable in another, NICE's remit in unenviable – to cost what is priceless – life itself. In the past, where societies had not developed these sophisticated mechanisms, societies were self-regulating – those who were sick died, those who were poor went hungry. Thankfully we have, through better healthcare and rising standards of living, become increasingly divorced from the base fight for survival; the problem is we have also become increasingly divorced, in our quest for fairness, from the realities of life and death decision-making, a responsibility we happily pass to others.

Perhaps that £20,000 saving made by Kensington and Chelsea will mean that 10 other individuals gain an average £2,000 each in additional support to live independently in their communities. Or perhaps, as is increasingly the case, social care funding is not ring-fenced and the money has gone into shoring up other struggling services, such as children's services. Or perhaps, more cynically, it has gone into providing senior council staff with wage rises they may or may not deserve.

This is where politics comes in, the organisation of specific interest groups who lobby for representation and the power to make the decisions that affect so many areas of our lives. And this is why it's so vital for disabled people, and all those negatively affected by the 'unfair' distribution of resources that takes place everyday of our lives, all over the world, to join together with one voice. A voice strong and loud and powerful enough to make decisions, like the one affecting Elaine McDonald and so many others, to be destined for the Horrible History books.



Dignity at any price

It is not for nothing that campaigners from all corners of the disability and human rights world have received this judgement with disgust and concern. Douglas Joy, Senior Solicitor for DLS, said the ruling leaves other disabled people who receive support 'in a fairly precarious position', particularly in the 'current climate of financial cuts where local authorities are looking to reduce spending' and will make it easier for councils to cut their care packages.

The fact is the disability rights movement has fought for

years to ensure that disabled people are recognised as individuals with rights to live independently and with dignity in their own communities. What have the last 15 years of legislation, from the 1995 Disability Discrimination Act, through to the Equality Act 2010, been for if the basic human right not to lie in your own excrement can just be smashed into a million little pieces right before our eyes? Perhaps that is all legislation is: empty words and empty gestures, exposed as soon as the slightest pressure comes to bear upon resources. Disabled people as victims, easy targets in a war not of their making, bearing the brunt for decisions made by those who will never experience the indignity of being told when to get up, what to eat, where you can go, who you can see, what you can wear.

So there's a recession and budgets need to be cut. Resources are finite and there's never enough to meet increasing need. Oh yes? Maybe we should talk a little less about how resources are limited and more about how they are distributed. While councils cut services left right and centre, are there any reductions locally in management staffing level salaries? Is a chief executive really worth a quarter of a million pounds?

We could go on and on, about redistribution, about the wealthy getting wealthier while the poorest (working and otherwise) get their noses shoved in the dirt by a government that spins the lie: 'It's your own fault'. Or about the unjust wars being waged under the guise of exporting 'democracy' and 'freedom', but are actually more about land-grabbing, resource-sucking and the tyranny of the so-called 'free market'. Suffice to say it is clear we still have a long way to go before lying in your own bodily waste is as unacceptable for disabled people as it is for those lying in a hospital bed.

But, as usual, it's one rule for 'society' and another for disabled people and it's no wonder some are confused and afraid. On one hand promised a vision of independence and control as full and equal members of society and on the other, just more victims of a cost-cutting state that doesn't seem to care.





LOCKING UP INSTEAD OF LOOKING AFTER

BY CHEYANNE WASSSELL

“FOR TOO LONG WE HAVE LOCKED UP OUR MOST VULNERABLE PEOPLE IN OUR MOST BLEAK INSTITUTIONS. WHY WASTE TIME AND PUBLIC MONEY BUILDING NEW PRISONS WHEN IT’S CLEAR OUR JAILS ARE FULL OF PEOPLE IN URGENT NEED OF PROPER MENTAL HEALTH AND SOCIAL CARE?”

**JULIET LYON
DIRECTOR
PRISON REFORM TRUST**



Prisoners' Voice estimated in 2008 how up to 30% of offenders had learning difficulties, which increased their risk of re-offending due to unidentified needs and consequent lack of support.

Prisoners with learning difficulties are five times more likely to have been subjected to control and restraint techniques and three times more likely to have spent time in segregation.

7% of male and 14% of female prisoners have a psychotic disorder and 10% of men and 30% of women have had previous psychiatric admission before they entered prison.

Male prisoners with evidence of psychosis are more than twice as likely to spend 23 or more hours a day in their cell as those without mental health issues.

The Disability Discrimination Act 1995 was intended to protect disabled people against discrimination and harassment. One place standing accused of being in breach of the Act is the Criminal Justice System. Prisons can be isolating and intimidating, as illustrated by a prisoner in Scotland with possible learning difficulties who said, "Nobody told my mum I was going to gaol, she thought I was dead. I asked how they were going to tell my mum, but it took three months for anyone to contact her. I finally found someone to help me write a letter."

The Prison Reform Trust's report, *Too Little Too Late* in 2009, examined 'unmet mental health need in prison' and revealed over half of 41 Independent Monitoring Boards frequently saw people too ill to be in prison. It appears many people who should have been diverted into mental health or social care from police stations or courts, are entering prisons that are ill equipped to meet their needs, and then being discharged back into the community without any support. A female prisoner said, "I can't even fill in a complaints form, so I don't complain about anything."

Dennis Gill did complain. His learning difficulty meant the vital offending behaviour courses were inaccessible to him, and without completing these, he would never be eligible for parole. He won his case in court and the prison service was found guilty of disability discrimination.

Too Little Too Late suggests a prison system struggling to meet the complex needs of many of the people within it, many of whom are clearly in the wrong place. It argues earlier intervention, such as well-resourced mental health and social care in the community, residential care, or in some cases, in-patient or secure psychiatric provision, could all have saved vulnerable people from the hardships of imprisonment. The review suggests a number of recommendations, such as a better assessment service, prison resettlement units and probation officers who alert local authorities to their duty to assess the needs of vulnerable prisoners, well before they are released into the community.

The Offender Policy and Rights Unit issued good practice guidance back in 2008 for all prison establishments. Firstly, there must be a suitable member of staff who can provide information and advice concerning disability and who prisoners have the opportunity to tell of any disabilities they have. Secondly, this information should be recorded and used to plan necessary adjustments so the disabled inmate can access mainstream activities, be able to complete their sentence plan targets and take full part in the prison regime. Thirdly, any important information must be given in a way the prisoner can understand and if this means they require help then this help must be given. Finally, appropriate accommodation must be provided so the prisoner

can access services and facilities. If this isn't possible, it should be brought to the attention of the Governor for consideration on how it could be resolved.

Francesca Cooney of The Prison Reform Trust points out recent improvements in these areas and how since 2005, the National Health Service has taken over health care in prisons, although it's still not always equivalent to health care in the community. She further states: "The situation for prisoners with disabilities is very complicated and the picture is mixed. You could find a prison is good at supporting prisoners who have hearing loss, because an officer has an interest and knows sign language, but they have no provision to help someone who needs help with social care. The situation is complicated because if someone has committed a serious offence and has a disability, they may still need to be in prison or some sort of secure environment, however, they should be treated reasonably, located in appropriate accommodation and any health and social care needs should be met."

According to the Trust, research showed over a fifth of those interviewed didn't understand what was happening in court. Some didn't even know they were in court or what they had done wrong. One defendant with learning difficulties talked about his experience "The judge asked me if I understood and I said yes even though I didn't. I couldn't hear anything, my legs turned to jelly and my mum collapsed."

In their defence, prisons claim that providing care is difficult because of low resources due to a rising prison population, especially the over-50s, which has almost doubled in the ten years to 2010, and are more liable to need care. As a prison staff member said: "Working with people like this is time consuming and not resourced adequately, it often conflicts with performance targets, (such as adapted programmes for prisoners with learning difficulties) takes longer to run and therefore it's harder to reach targets."

A new approach in dealing with mentally ill offenders and people with learning difficulties was introduced at the end of April 2009 and welcomed by the Prison Reform Trust. The Lord Bradley review said it could prevent vulnerable people from being caught in the revolving door of the criminal justice system and presented a broad plan to reduce offending. The review recognises the majority of offenders with low-level mental health disorders are not dangerous and could be better treated outside the prison system without any risk to the public.

Juliet Lyon agrees: "If properly implemented, this review charts the way for many vulnerable people out of the criminal justice maze into health and social care. If we can end the buck-passing between the NHS and the justice system then the pay-off is, we can cut crime, reduce police and court workloads and free up prison places for people who really should be there."

The Lord Bradley review further states that custody could make a person with mental ill health worse, heightening their vulnerability and increasing the potential of self harm and suicide. Treatment reduces these risks and re-offending rates. In March, after three years of campaigning by the Women's Institute, in partnership with the Prison Reform Trust, plans were announced by Health Secretary Andrew Lansley and Justice Secretary Ken Clarke, to divert mentally ill offenders away from the justice system and into treatment and care, by 2014.

At the end of the day however, the questions that surely need asking are – how did some of our most vulnerable citizens get caught up in the criminal justice system in the first place, and could those responsible for special education, social care and family support have done more to prevent it happening?

**References unless otherwise stated:
Community Care 4/08/11**

**With special thanks to Francesca Cooney
and the Prison Reform Trust**





CONSTANT ACCESS PROBLEMS ON GREAT WESTERN TRAINS

Dear Mr Prince,

As promised I am writing to report on my latest 'assisted travel' journey from Redruth to Reading return.

Once again, the accessible toilet in Carriage C was out of action. As usual, the door could not be closed. I had tried to forestall this likely problem by booking my seat in Coach A near to a regular toilet I could access easily, using my walking stick. Unfortunately, this didn't work on the outward journey as the train was packed and luggage was everywhere, and I couldn't even reach the toilet!

The return journey was a much quieter affair in Coach A and I was able to leave my wheelchair in the luggage rack and walk with my stick to the ordinary toilet. I checked out the situation in Coach C to find the accessible toilet out of order as usual, and a gentleman unable to leave his wheelchair, stuck for four hours without the use of a toilet.

On arriving at Redruth there was no ramp waiting for me to leave the train. The person appointed at Redruth had phoned the train to say she would not be physically able to assist me and had reported correctly, but unusually for a disabled traveller, that I was in Coach A. The train Manager had gone to look for me in Coach C and having not found me, given up. The train was then made late by the kerfuffle that followed and I was, frankly, embarrassed to be the centre of attention. I was then left on the platform to push my chair loaded with luggage to the waiting taxi.

Three times this year I've taken the return journey from Redruth to Reading and on every occasion, the accessible toilet has been out of order, due to a problem with the compressed air system operating the

toilet door. This problem needs fixing as a matter of the utmost urgency but appears to be regarded as very low priority.

The wheelchair space on the train should be for just that, people who need to travel in their chair, and not be used as a luggage rack. This needs policing. They should then be easily able to get themselves and their chair to a working accessible toilet nearby. Has any wheelchair traveller ever made it into the accessible toilet, on the rare occasion its working, passing all the luggage and fellow travellers? I honestly doubt it.

Your assistance staff are well trained and for the most part, helpful, understanding and more than willing to go the extra mile. So support them by ensuring the area around the wheelchair space is free from luggage, making loading a passenger easy, and have the accessible toilet working. Also, many wheelchair users prefer to leave their chair for a five hour train journey and need to sit in a seat with leg room to stretch out, so why not reserve two of the four priority seats by the wheelchair space? The small drop down seat in the wheelchair space serves no useful purpose that I can see. Is a carer meant to sit on that perch for five hours as it's of no use to a physically disabled person?

I feel this situation is so serious, because of the distress caused, that I have copied my MP and local disabled people's organisation, Disability Cornwall, in to this letter. I await your urgent response.

Mrs P. Stevens
The Lizard

Cc Andrew George MP via email
Disability Cornwall via email

*An edited version of a letter sent to James Prince,
Assisted Travel Advisor for First Great Western.*



ACCESSIBLE BUSES AT LAST

I feel there has been some good news of late for a pleasant change! A friend told me Western Greyhound has taken over the bus service from Helston to where I live on the Lizard peninsula. Feeling sceptical, I phoned them regarding their accessibility and was told that, amazingly, all of their buses are fully accessible and include drop floors and fold out ramps! They said if there was an 'incident' they may have to pull one of their old style buses into service, but this is extremely rare and if it does occur, they immediately announce it on their website.

I told the lady my past tales of woe with the largely inaccessible First Great Western and Truronian bus companies and she had great empathy with what I said. Before we all celebrate however, it's important to note, I still won't be able to get any further than Helston!

I've agreed to take a run into town and report back to her on how I get on. As I have not been too good lately, the afore-mentioned friend will need to ride shotgun, so I'll wait until we both feel up for it, hopefully soon. I'll let you know how I get on and if it's a good experience, perhaps it will shame other bus companies into improving their services for disabled people?

Bill
Nr The Lizard

ANOTHER GREAT TRAIL RIDE

I know DISCOVER has featured the Cornwall Trail Riders Fellowship before, and I wanted to let readers know this summer's event was just as good with about 100 people getting together for an exhilarating day at Dunmere Woods.

We rode on quad bikes and motorbikes and sports cars, courtesy of Cornwall Trail Riders and Camel Vale Rally Car Club. The event was once again organised by Ross Fisher, who worked tirelessly both before and during the event and we all reckon he's a true legend!

Exciting activities such as these are normally beyond the reach of disabled people like me, especially when they have an element of risk, which adds to the excitement. It allows me to try something completely new which normally I would never even think of doing and I love racing around the woods! Doing an event such as this for two hours makes us all forget about the disabilities and health problems which we may have.

A huge thanks to all the volunteers who freely gave their time to provide the burgers, sausages and bacon baps, coffee, tea and soft drinks, all for the price of a donation, and helping to lift us on and off the various vehicles. Thank you, a great day was enjoyed by all.

Pete Skea
Bodmin

HEALING BENEFITS OF SILVER

Five weeks of a serious bout of flu, with no medicinal relief from every known 'off the shelf' drug possible, led me to take a friend's advice and try Colloidal Silver. Pre 1940, this remedy was widely used by doctors for its infection fighting and immune-boosting qualities however, with the discovery of antibiotics and subsequent big business for the pharmaceutical industry, Colloidal Silver, along with other natural medicines, were branded as 'quack' treatments.

I was sceptical and wary of taking anything not prescribed by my consultant or GP, as I have a long term health condition that has been under control for a number of years and I didn't want to risk interfering with medical treatment or cause any flare-ups.

After extensive internet research, I chose a UK company that not only distributes but also manufactures

Colloidal Silver and rang them for advice. They allayed any fears I had and told me there were several customers with similar conditions to myself who use silver to control inflammation. So in desperation to shift the flu I spent £25 on a small bottle of clear, colourless, odourless solution containing small particles of silver. Within four days the flu was gone! I still take a small dose periodically to keep inflammation at bay and feel my overall health has improved.

Although it's always good to check with a medical professional, a healthy population is clearly not good for the pharmaceutical industry and I'm so glad I tried an alternative!

Beryl Symons
Bude

CORNWALL'S POOR PHYSIOTHERAPY SERVICE

I just wanted somewhere to vent my wrath and I'm afraid you're it!

I've attended Marie Therese House in Hayle for years and received regular physiotherapy as an outpatient. I had built up a good relationship with my therapist and the treatment helped me maintain my best potential as a patient (client, whatever you want to call me) with a long-term neurological deteriorating condition. The service was excellent.

However, as many readers of this magazine know, the service was cut in 2006, and a group of patients got together and worked tirelessly with the powers that be within the NHS, to get a decent physio service set up for all neuro' patients at their local community hospital.

Despite some initial improvements, I'm very sorry to say, this hasn't happened as far as I'm concerned. Ok, I can get an appointment at my local hospital, but I'm only allowed to have one thing wrong with me, like my leg or knee hurts. They will do their best to try and fix that one thing, along with a handful of photocopied worksheets that I stick on the fridge, but I've seen them all before and I'm doing the damn exercises anyway! They then sign you off with a 'phone us when you need us'. I always think, well that will be tomorrow then!

The service isn't anything like what I had received from MTH where the therapist gave me 'hands on physio' and looked at my whole person and not just my dodgy leg, knee, whatever. So, what's going on here? Where and when am I going to get the service I need or do I have to join many of my friends in paying for it at the Merlin Project?

Digruntled

Name & address supplied

EMPLOYMENT ISSUE

After working for a number of years for one of the biggest contractors for Cornwall Council, I became ill. The illness gradually got worse but I found my employers to be not at all helpful.

They refused to put an accessible parking bay into the car park to help me get into the office. Then they built a smoking chamber 2ft away from my office and the smoke blew in all day. Despite my doctor writing a letter to explain the smoke would have a negative affect on my health, they refused to move it or make any reasonable adjustment.

When my health deteriorated so much I had to ask to reduce my hours of work, they refused and I was forced to leave. Worse, I was warned not to challenge them and told the company did not employ disabled people despite having a policy that stated otherwise.

Name & address not supplied

This was a message left on our answer machine. Unfortunately the caller did not leave their name or contact details, therefore it has been impossible for us to assist the person or to verify what has been said. If this was you, please call us again and we will do what we can to help. Our information & advice line is open from 10am to 3pm Monday to Friday. T: 01736 759500

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 a copy of DISCOVER is sent directly to the service provider in question if appropriate, highlighting their letter and requesting a response.

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

Cornwall Mobility Centre

*The Key to Freedom
and Independence*



Access
assessments



Wheelchairs and
scooters

Driving
assessments
and tuition



Vehicle
adaptations



Paediatric
Department



Independent
Living
Centre

Adaptations/mobility
equipment
service and repair



We are a Not For Profit organisation offering a fully professional service

Tel: 01872 254920 email: mobility@rcht.cornwall.nhs.uk

Tehidy House Royal Cornwall Hospital Truro TR1 3LJ

Parking charges are unfair

The 2010 Draft Off Street Parking Order produced by Cornwall Council failed to include any information regarding blue badge holders. A Disability Cornwall member, Jenny Curtis, challenged the council about their consultation verbally, on air via Radio Cornwall, and in writing, but with no positive result.

The policy was implemented and required blue badge holders to pay standard parking charges in council owned car parks. Only people who qualified for a nil rated tax disc or drove an adapted vehicle would continue to receive free parking.

The Diversity Network for Cornwall contacted the Equality and Human Rights Commission, which agreed the council may have acted unlawfully. This led to a review and subsequent request for Disability Cornwall to facilitate a consultation with its members, to consider whether the proposed car parking charges for blue badge holders were fair.

During the consultation, it was identified the implemented policy had not taken into account that most blue badge holders, whether nil rated for tax or not, would require additional time while shopping etc. Because of the often inaccessible nature of many of Cornwall's town centres and shops, it takes a disabled person significantly more time to complete their shopping or visit than a non-disabled person. There would also be adverse impacts on other groups of disabled people, such as those who don't receive high rate Disability Living Allowance mobility component due to age and parent carers.

It was felt by the participants in the consultation that a much fairer policy would be to give free parking to people with a nil rated tax disc and those who will be required to pay for parking, should be given double the amount of time for the hours purchased. Therefore, if you pay for one hour of parking, you will receive one hour free, buy two, a further two will be free and so on.

In June, a number of Disability Cornwall members were invited to attend a meeting with Cornwall Council's Parking Advisory Committee. Vice Chair Sharon Kilty, Treasurer Trevor Bailey, Members Jenny & Dave Curtis, St Austell Town Councillor John Stocker and Lizzie Hornby from the Parent Carer Council discussed technicalities for disabled people in using council owned car parks, the barriers frequently faced, and why they felt the extra time afforded by double time parking was a fairer option for disabled people.



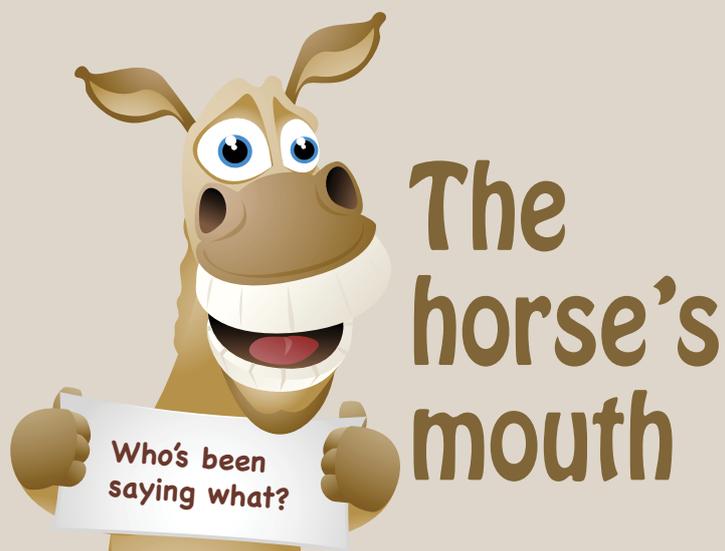
The recommendation was passed by the Parking Advisory Committee and will now go before the Full Council meeting as DISCOVER goes to press, where we trust the motion will meet with the approval of the full cabinet. A period of public consultation should then follow.

We asked Cornwall Council for a statement and they issued the following:

Cornwall Council has not been informed by EHRC that the current policy is unlawful. Our current policy is not the same as those organisations where the courts have found policies discriminatory in that we do make provision for zero tax disc and similar. This was not included in the other authorities. Whether or not our current policy is unlawful would have to be tested in the courts if we did not alter it.



Photos by Geoff Squibb



As the bill to reform the NHS gets voted through after hefty debate in parliament, the clamour shows no sign of abating. Is it the end of the NHS or a new dawn for a health service more responsive to the needs of its patients? Are we heading towards an American system of healthcare with privatisation by the back door, or simply necessary reforms to avoid NHS bankruptcy as we live longer and place greater demands on its services? As ever, The Horse's Mouth is here to give you views from the corridors of power as well as the street (or if not the street the world wide web!) Read on and ponder – what's your view?

The proposals will mean ... The difference between an army run from the centre and the government giving over the defence of the realm to a bunch of competing mercenaries.

Diane Abbott MP

I don't want choices I want good public services. I want to be a patient not a customer and I want those making the decisions to have society's best interests at heart, not the bottom line.

Internet blogger

No population of any industrialised country which has experienced public healthcare has ever wanted to move to a privatised system. That is why the current coalition government must try to privatise the NHS by stealth, they know full well it's against the wishes of the people.

Internet blogger

Please don't let tribal instincts attack whatever he (*Cameron*) says, blind you to the financial challenge for the NHS and hence the necessity to reform somehow, and the outcomes of some of his commitments which, in the round seem sensible.

Internet blogger

By passing the duty to provide a national health service down to an unknown number of commissioning consortiums, the government, will be effectively fragmenting a service that currently has the advantage of national oversight and control, and which is politically accountable via the ballot box to the electorate.

38 Degrees lawyer

(A campaigning organisation which drafted in independent lawyers to look at the proposals in detail.)

The NHS is recognised by the US Commonwealth Fund, most of our own medical organisations and many of those who use it, as one of the most efficient, least costly and most effective in the world.

Baroness Shirley Williams

The USA spends 16% of GDP on health care compared with 8% for the UK. Why on earth would we want to adopt their dysfunctional system?

Internet blogger

Let me be clear. No, we will not be selling off the NHS, we will not be moving towards an insurance scheme, we will not introduce an American-style private system.

**David Cameron
Prime Minister**

And so the death knell is sounded. The only truly Great thing about Britain disappears while we watch, powerless and offering no resistance.

Internet blogger

Oh no, not again. Competition requires the average person in the street to waste their valuable time researching all the options. It's already a full-time job making sure you get the cheapest gas and electricity.

Internet blogger

The government's proposed reforms have far-reaching and potentially irreversible consequences for how the NHS is run and the way we deliver care to our patients.

Dr Hamish Meldrum

British Medical Association chairman

Isn't it about time we put aside this herd-like, cowardly faith in people with no power, no integrity and no interest in our concerns to come to the rescue, and actually got out on the streets and did something ourselves? No? Okay then, watch your country go down the drain.

Internet blogger

Excuse me what happened to my NHS dentist?

Internet blogger

We have to change the NHS to avoid a crisis tomorrow, which is what will happen if we don't. More overstretching, more over-crowding, the NHS buckling under the pressure of an ageing population and the rising costs of treatments.

David Cameron

Prime Minister

Crippen's comment

Getting rough but we're ready

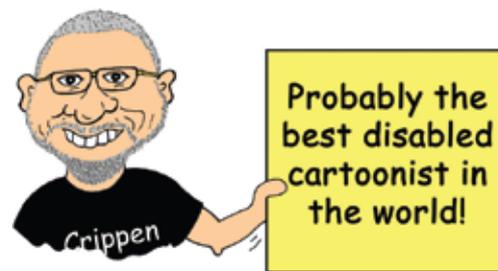
It's starting to get very rough out there in the world of disabled people's protest.

For some time there have been subversive attempts at sabotaging blogs, forums and social networking sites run by disabled people protesting against the government's programme of cuts. This has now stepped up a notch with one of the private companies involved threatening legal action against disabled bloggers and forum members.

Several disability based forums and blogs carrying information about ATOS, the French owned company who undertake the 'work capability assessment' for the UK government have been forced to close down after receiving these threats. These include DWP Examination & the Carer Watch Forum.

ATOS, whose parent company is run by a former French finance minister, Thierry Breton, have thrown the full weight of their legal department against these groups who have been attempting to share information about their experiences during the assessment process. Atos have done this by threatening the servers, who provide the internet platforms from which these forums run.

Fortunately, the disability protest group Black Triangle have stepped into the breach and have offered to carry some of the forums on their own, independent servers. A spokesperson for Black Triangle explained to me



they'd already had to move their servers 'off shore' due to attacks on their own websites and blogs.

He added: "We will not be silenced in our protest against this government and its barbaric treatment of disabled people. Nor will we allow them to silence other disabled people by shutting down their blogs and forums!"

Two of the resurrected sites can be found at:

www.dwpexaminations.blacktrianglecampaign.org/ www.carerwatch.blacktrianglecampaign.org/



User Led Organisations do it better

Two new reports published by the National Development Team for Inclusion (NDTI) show the uptake of direct payments is higher when User Led Organisations (ULOs) deliver support planning and brokerage rather than local authorities. ULOs are organisations run and controlled by the very people they seek to serve, such as Cornwall People First, Mid Cornwall Lifestyles and Disability Cornwall among others. It also shows how listening and responding to what older people with high support needs say about how they want to live their lives is more likely to result in older people choosing to live at home.

The two reports called *NDTI Insights*, published in August, were based on findings and lessons from government funded demonstration projects on independent living. NDTI

worked with the Government Office for Disability Issues and six local authorities between 2008 and 2010 to increase the choice and control disabled and older people have over the support they need in their lives.

Steve Strong, NDTI's project manager for the support planning and brokerage initiative said: "Information about personal budgets and collaboration between local authorities and ULOs is vital to ensure disabled people have easy access to the right type of support when they need it."

Some of the key messages from the reports are:

- When ULOs provide support planning and brokerage services they are felt to be more 'human' and less bureaucratic than when delivered through local authorities
- ULOs can deliver positive advantages in reaching local people and supporting them to negotiate the systems, but ULOs need investment in capacity building and involvement in strategic partnerships with their local authority to achieve this
- People whose support plan was facilitated by a ULO were more likely to take their personal budget as a direct payment than those whose support plan was delivered by the local authority
- Older people with high support needs want to remain and be treated as active citizens, involved in family and community life, wherever they live. This includes being able to choose where they live and having a much broader range of options. This could have significant consequences for the future funding and provision of long term care.

Rich Watts, Director of The Essex Coalition of Disabled People said, "At a time when local authorities want more for less, this report shows that User Led Organisations can deliver that. Not only do they deliver better quality outcomes for the people using the services, but the cost of ULOs doing so is less than you might find in a council. For me, it shows how ULOs have to be a part of the mix of organisations delivering social care services."

The full reports and summaries can be accessed from: www.ndti.org.uk/publications/ndti-insights/insights-8-9-independent-living-strategy-projects/



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christmas is a comin!

And yes we probably all will get a little fatter, but after the hectic and busy lead up to the festive period is it any wonder? Here are a few ideas of things you may like to do and some tips to hopefully make things a little smoother.

The 12 towns & villages of Christmas!

It's always nice to have a drive around to see some of the amazing efforts local Cornish towns and villages make to turn their streets and squares into winter wonderlands. Although we're sure this list is not conclusive and we cannot vouch for each and every one, the following all seem worthy of special mention: Angarrack, Bude, Camborne, Camelford, Cawsand, Chacewater, Godolphin, Kingsand, Mevagissey, Mousehole, Newlyn, Praze & Truro.



Late night shopping

Truro really comes alive during the festive period with five weeks of late night shopping, annual events such as the Reindeer procession, City of Lights parade and the

Victorian Christmas market to name a few.

Every Wednesday evening from 23 November to 21 December shops throughout the city will open until 9pm for late night shopping.

Other events

Wednesday	1 - 4 Dec	Made in Cornwall show
Wednesday	7 Dec	Primestock show
Friday	9 - 10 Dec	Primestock craft market & Mayor's Charity Day
Saturday	10 Dec	Rotary 'Santa Fun Run'
Wednesday	14 - 18 Dec	Victorian Market

Pendennis Castle

NADELIK - A CORNISH CHRISTMAS

Sunday 18 December 11am-4pm

Christmas the Cornish way with all the best traditions and trimmings from Christmas past, with mince pies, mulled wine, Christmas lights, carol singers and fireside tales, it couldn't fail to make even Scrooge smile!

Entry for carers is free and disabled people enjoy the concessionary rate of £5.70.

T: 01326 310103
www.english-heritage.org.uk



Padstow Christmas Festival

Friday 2 - Sunday

4 December 2011

• fireworks • lantern parade • live cookery demonstrations • carol singing • live music • late night shopping • beer festival • festive food market • Santa's grotto • craft fair • special dining offers workshops for children and adults • floodlit crazy golf • Punch and Judy
And many more amazing surprises.



Ice skating at Eden

The magical ice rink is back with a new glacial theme for 2011. In addition to general skating, there are special sessions for all ages and abilities, so go and get yer skates on!



There is limited capacity, so please pre-book to avoid disappointment. Public skate sessions are 40 minutes long and begin on the hour.

Entry for carers is free if they are assisting a disabled person on the ice and disabled people enjoy a concessionary rate of £5.70.

T: 01726 811972

www.edenproject.com

Christmas can be for charity

If you like to shop online you can also support your favourite charity by accessing any of the thousands of retailers through easyfundraising. Large retailers such as M&S will donate 6.25% of whatever you purchase to your nominated charity, Amazon 2.5% and Argos 0.75%. All you have to do is nominate your chosen charity to support.

Shopping this way will not cost you a penny more, its easy to use and completely free. You will receive even better offers from these retailers once you have registered!

www.easyfundraising.org.uk

Last posting dates 2011



Last recommended posting services	Service
UK	
Wed 14 December	Standard Parcels
Sat 17 December	Second Class and Recorded Signed For
Tue 20 December	First Class and Recorded Signed For
International Airmail	
Mon 5 December	South & Central America, Caribbean, Africa, Middle East, Asia, Far East (inc Japan), Australia & New Zealand
Fri 9 December	Eastern Europe, USA and Canada
Mon 12 December	Western Europe
Packet Post	
Sat 17 December	Second Class
Tue 20 December	First Class

Let's ask the MPs

Some disabled people say they are made to feel they're a drain on society if 'economically inactive'. Negative media headlines and Philip Davies MP, suggesting disabled people should work for less than minimum wage further fuels this. What can you say to counter the fear the government may view disabled people as a burden on society?

Labour



Jude Robinson
Cornwall Councillor
Camborne North

In a society that values diversity, people with disabilities should be respected and welcomed for what they can and do achieve, whether in the world of formal work or not. To suggest lower wage levels and to bring in benefit cuts as this government is doing is profoundly wrong.

The Labour government made a lot of progress with laws on equality and in giving disabled people the right to reasonable adjustments in order to create a more level playing field. As a society, we are some way from achieving the vision of equality and it is very important disabled people use legislation to challenge discrimination and the mindset of those who are blinkered enough to view them as a burden. Economic activity is only one part of our society and people with disabilities and without, should stand together to challenge and change outdated attitudes and ignorance.



Alison Seabeck MP
Plymouth Moor View

Disabled people need to be encouraged and supported to work because many do wish to be employed. To suggest they should do a day's work for less than everyone else is hardly fair or reasonable. Would those people have suggested that David Blunkett should work for the minimum wage when he was a Secretary of State simply because he was disabled?

Conservative



George Eustice MP
Camborne & Redruth

The government is very clear that disabled people are valued and can make a very important contribution to our economy. It is not about what you can't do, it is about what you can do. There are millions of people with disabilities who work and, in many cases, actually get to the very top of their profession. Under the last government, too often people were written off when what we really need to do is give a helping hand to support people with disabilities back into employment where possible. The new Work Programme is a very intensive scheme that will give specialist support to people to help them find work.



Sheryl Murray MP
South East Cornwall

Disability is something that can happen to anyone at any time and that should never be forgotten. Having worked in the front line of the NHS for many years I know only too well how this can affect people in different ways.

What is important is that people, be they disabled or not, are encouraged to be all they can be and become as productive to our society as possible. By far the most important thing this government is doing is trying to get the economy sorted so all people have opportunities to aspire to. Labour left the economy in a mess and we are currently spending £120 million every day on debt interest alone and this needs to be dealt with.

We are committed to fairness in the job market but recognise that sometimes help is needed. This is why the government will reform Access to Work, so disabled people can apply for jobs with funding already secured for any adaptations and equipment they will need.



Sarah Newton MP
Truro & Falmouth

I was sorry to hear some disabled people feel they are viewed as a 'drain on society'. In my experience this is most definitely not the case.

The government recognises that many disabled people play an important role in society, in their local communities and on a national level. I believe all people should have the opportunity to reach their potential, as such, we are committed to helping disabled people lead full, active and independent lives, helping to remove barriers that can stop them from achieving their full potential.

Disabled people have been invited to help shape our welfare reforms, which are aimed at enabling those with disabilities to choose and secure the support that will help them to realise their personal aspirations.

Recent figures show 22% of disabled people in the UK volunteer in their local communities at least once a month. As Britain prepares to enjoy the sporting prowess and determination of Paralympic athletes next year, the contribution disabled people across the UK make to our national life cannot be forgotten.

I look forward to working with the government to further highlight that contribution, and to deliver the reforms that will assist disabled people in living the full and active lives they are entitled to.

Liberal Democrat



Andrew George MP
St Ives

It's as important to use the opportunity of Coalition Government to restrain dinosaurs among the Tory ranks as it is to seek to advance the more enlightened Liberal Democrat approach promoting equality and social

justice. It's a measure of a civilised society that everyone, irrespective of their ability, has a basic entitlement to reasonable consideration, equality of opportunity and being treated with dignity. We must keep our society moving forward, not backwards.



Stephen Gilbert MP
St Austell & Newquay

The idea that disabled people are a burden on society is as ridiculous as it is offensive. It's the opposite. The very strength of our society comes from the fact that we are not all the

same. Diversity does not weaken our community, it makes it stronger. Of course people may have different abilities and those differences create a variety of perspectives. What a boring and one-dimensional world it would be if we were all the same? Instead, our local community is a wonderful tapestry of people: old and young, gay and straight, from all ethnicities and the full range of abilities. Everyone brings a unique perspective and it's in sharing those perspectives that we can find real creativity, great ideas and the very essence of the human experience. It's my firm belief that everyone has something to offer and we must never think otherwise.



Dan Rogerson MP
North Cornwall

I believe disabled people should get equal pay for doing the same work as anyone else and disagree with Philip Davies' view they should be

paid less. However, I think we also need to make sure there are avenues for disabled people to get work experience. I know some learning disability service users have been concerned their time in the workplace, which they have enjoyed on an unpaid basis, might be under threat. While I understand employers must not be allowed to exploit people's efforts, if they are willing to support a disabled person into gaining valuable skills and experience in their small business, but cannot afford to pay a wage, should they be told 'no thanks?' Disabled people make a real contribution in work, family life, the arts, science and across the community just as everyone else does. They are in no way a burden, but equally important members of society.

A national disgrace

Three establishments closed but only one hits the headlines

By Reg Broad

We now know of three establishments owned by the company Castlebeck that have been closed recently, and two of these were hospitals. The one that hit the national news headlines was Winterbourne View, purely because it was featured on a BBC's Panorama programme. We witnessed the most horrific abuse, or perhaps a more appropriate word is torture. The people who should have been receiving 'care' were treated as objects and mistreated for the pleasure of the staff. As one parent said, they were treated as playthings. One wonders what was left on the cutting room floor.

I was involved in the former Healthcare Commission's investigation in 2006 into Budock Hospital and related residential settings (including Westheath and Tamarisk, so called assessment/treatment centres, where people got stuck for years), and all were subsequently closed. This clearly showed that, to investigate abuse, you must first work under cover as a member of staff. This is not new; it's the same 'participant observation' method used to investigate long stay hospitals in the 60's. But what is new is the technology that allows secret filming, essential if you want prosecutions. The fact is, although in Cornwall approximately 200 individuals were caught up in the 2006 scandal, with £1.5 million being paid out for the financial abuse, only half the people who could have claimed, did claim, and no person was ever prosecuted under criminal law.

I'm not going to play the blame game, but one must understand the different levels of proof required in civil as opposed to criminal law. The latter is beyond all reasonable doubt, whereas civil law is on the balance of probability. That said, I think the fact no one was prosecuted is a national disgrace.

Those who continually repeat that people with learning difficulties have the same rights as everyone else seem to live in another universe. We need a change in the law so the people who run these abusive services and probably earning in excess of £100,000 a year can be held accountable.

The other change in the law I feel is needed is regarding the Mental Health Act. Sectioning people with a learning disability is not appropriate. The Deprivation of Liberty legislation needs tightening, so people with learning disabilities cannot be locked up and forgotten for years.

I am at present supporting a family. Terry and Beverley Rooney's son, Terry (Junior) has a learning difficulty and lived at Winterbourne View from its opening until about a year ago. In short, Terry went to Winterbourne for an assessment, spent three and half years being abused there and came out without an assessment. I believe Cornwall Partnership NHS Foundation Trust has some explaining to do.

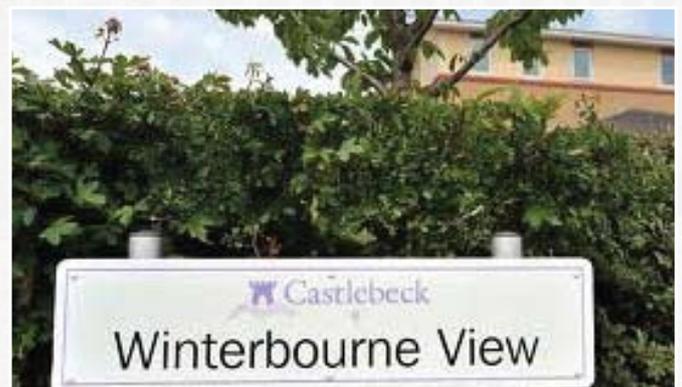
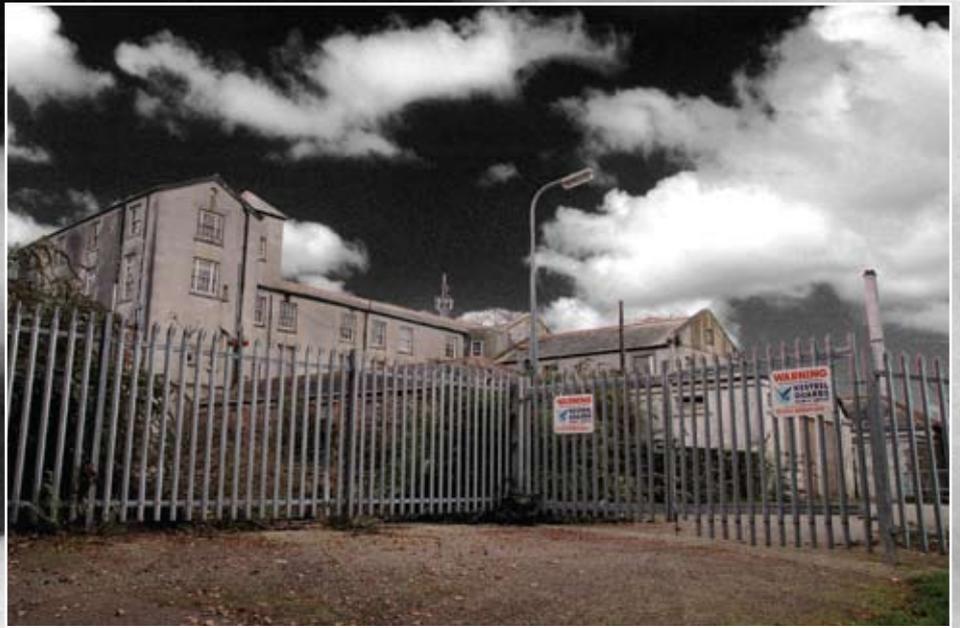


Photo courtesy of AOL



Cornwall's former Budock Hospital now closed

Photos by Geoff Squibb unless otherwise stated

It's been publicly stated that three people from Cornwall had been at Winterbourne View in the last 14 months. One had previously been in Budock and then re-housed, with care provided by United Response, and was featured in the Panorama program. Another was at Westheath in Bodmin and re-housed, with care supplied by the Brandon Trust. Why did these two placements fail, resulting in the individuals involved ending up in Winterbourne View? Both these people were abused as part of the Budock case, went back to an assessment and treatment centre and were, I believe, abused for a second time.

If one looks at abuse, from the old asylums to the Longcare Scandal (which became public in '94) to Cornwall's Budock and now Winterbourne View, one must conclude there has to be an inquiry. However, if I hear one more time that lessons have to be learned, I think I will need treatment myself!

Regarding the Winterbourne scandal, the Guardian stated on 1 June: "This is not just wicked staff or weak

management. It's about the wrong model of care. People with challenging behaviour are being shunted off to these institutions because their local health and social services have not got their act together to provide the kind of support they need locally."

I agree and very strongly. The question is why has this not happened, especially here in Cornwall? Lessons have clearly not been learned.

I think policy makers need to relook at their policies, as many seem to encourage tokenism and set up people with a learning disability to fail. The concept that some undefined 'community' is the panacea is obviously absurd. Community is a term that has no agreed definition and a person can be abused anywhere. I don't know how many people with a learning disability have been murdered by their 'friends', but it seems often, the latest being Gemma Haytor and Steven Hoskin, murdered in St Austell, with two homes operated by the Home Farm Trust within spitting distance of each other. Steven was let down by a whole gamut of people I will



Photo courtesy of the Guardian



Photo courtesy of the Guardian

lump under the term 'the authorities' and both were living in the 'community.'

All premises housing people with a learning disability should be visited and inspected using participation observation, but I can already hear the howls of 'impossible' and 'imagine the cost?' However, it can be done. No, it must be done, it just requires some thinking from outside the blessed box!

The second point is the government, 'the authorities' and the myriad of charities must show they believe all people with a learning disability are valued. No more using and manipulation and putting some individuals on show. No more bussing people with learning disabilities from day services to meetings and claiming they were consulted.

Carers or Personal Assistants should be paid a good wage, with a career path for carers, which allows them to climb up the ladder without having to give up caring. Lastly, if we are going to use advocates then let us have real independent trained advocates and not ex-health and social workers paid by the authorities, who believe they have the right to make decisions for people with learning disabilities. No more token carers, let people with learning disabilities and their family carers choose their own representatives.

Let us also consider the messages we are sending out when our own council implements a 20% cut to all domiciliary care agencies that provide care for people with a learning disability, and the government then praises its economic performance!

One of the main types of abuse is financial and in my opinion the worst abusers are social services, with health services coming a close second. Private, public, small, large, in the country, in the town, village or city it does not matter, it's about power and culture. I forget who said it first, but you can judge a society by the way it treats those most vulnerable and by that judgement, the government, councils, charities, to name but a few, are all failing that test.

Reg has a degree in social policy & administration, is trained in benefit advice and has frequently acted as a representative of parent carers at consultative groups. He is a Governor of Doubletrees special needs school. He was a member of the Bodmin Parents Group, which piloted the family support scheme, his being the first family to test it out. Reg is currently the Chair of East Cornwall Mencap Society, the Trustees Committee of the Tuesday Treg Gateway Club and the Friends of Blantyre. Reg is also a father of two boys, one with downs syndrome.

Stayathome Ltd

Stayathome Ltd provides a range of care services for people in their own homes. This includes personal care and household tasks for older people, adults with physical and learning disabilities, children with life-limiting illnesses, as well as palliative care.

In keeping with the personalisation agenda, we take a person-centred approach which means that everybody gets an individual service especially tailored to their needs. All our work aims at supporting and encouraging people to play as active a role in their care as possible.

In 2011 we created our Staypositive service, designed to further develop our work at enabling people to regain independence in the community. We work with people with a wide range of difficulties, including learning disabilities, mental health problems, domestic violence and family breakdown. Activities are many and varied, ranging from tackling food preparation to accessing long-forgotten hobbies.

In fact, we pride ourselves on the fact that we can provide the equivalent to a Personal Assistant service, but with the additional benefits of ongoing staff training and supervision, and year-round cover. We believe that our service is second to none at providing professional holistic care.

We are based on the Roseland but provide services to a wider area that includes Truro, Falmouth, St Austell and Helston.

Stayathome can be contacted on 01872 500052 and Staypositive on 01872 500053



HealthWatch

LINK in Cornwall is an independent and volunteer led network giving people the opportunity to work with those who plan and run health and social care services to ensure they continue to improve and develop.

LINK have been asking the public throughout the county what they want to see from the new organisation, HealthWatch, planned to launch in October 2012. HealthWatch will provide advice and information about health and social care services and take on the existing LINK function of working with the people who plan and run these services to influence and affect positive change.

The Department of Health are calling for HealthWatch to become a new consumer champion for users of health and social care services. It will be the responsibility of Cornwall Council to set it up and LINK are asking for HealthWatch to maintain the independence that LINK currently has, so it can take the views of the local community and feed these into the providers to shape and improve services.

What Will HealthWatch do?

- Promote and support the involvement of local people in decisions about how, where and when health and social care services are provided
- Seek the views of people about their needs for, and their experiences of, local care services and how these should be improved
- Make the views of local people known and report recommendations about how local care services could or ought to be improved, to the people responsible for planning, providing, managing or scrutinising local care services
- Signpost and provide information and advice to people wanting to access services
- Support people to make choices about how their own health and social care needs are met.

Please contact LINK if you wish to find out more about how they have been planning for the changes, to have your say about HealthWatch, or to receive their monthly bulletin.

T: 01872 243533
www.linkincornwall.org.uk



The launch at RCHT of the new hospital discharge booklet

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CIOTS aims to provide a highly professional Occupational Therapy assessment service for adults/paediatrics with a permanent and substantial disability.

CIOTS offers a wide range of services:

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

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www.ciots.co.uk



Keeping you steady on your pins

The Core Fitness Studio in Falmouth has been delivering classes on behalf of the NHS for a number of years. They have built a wealth of knowledge teaching individuals with long term chronic conditions and are now offering courses in falls prevention.

The 20 week course, free to participants, will be aimed at older people who have already had a fall, to help increase their balance, strength and stability in order to reduce the likelihood and impact of further falls. This programme is part of the Exercise Continuum initiative, a pathway of physical activity for older people, including those with chronic long term conditions and/or at risk of falls.

Each year we can expect around 50,000 falls in Cornwall, 500 hip fractures and 5,000 ambulance activations following a fall. Last year the cost to the NHS in terms of acute admissions and ambulance activations alone was £7.9m.



The courses will take place in Falmouth, Truro, Probus and Camborne/Redruth.

In addition to the Exercise Continuum programme, there are also courses for individuals with any neurological condition, including brain injury, stroke, multiple sclerosis and parkinson's, under the RENEW programme. Focusing on increasing mobility, strength and both gross and fine motor control, these 12 week courses will be running in Camborne/Redruth, Falmouth, Truro, St Austell (MS Therapy Centre), Liskeard and St Ives.

T: 01326 310761
www.thecore.uk.net

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DO YOU LIVE WITH A NEUROLOGICAL CONDITION?

RENEW is a FREE 12 week course of gentle exercise & lifestyle advice tailored for people with neurological conditions

Courses are offered across Cornwall by the Core Fitness Studios

A free exercise course designed to improve quality of life.
 For more information or to request a referral pack, contact The Core on 01326 310761

RENEW
 Renewing confidence in movement
 for people with neurological conditions



Crossword & Sudoku answers

- Across**
- 7. inhaler
 - 9. amber
 - 10. doe
 - 11. accompany
 - 12. cobra
 - 14. mansion
 - 16. station
 - 18. sinew
 - 19. crescendo
 - 20. hod
 - 21. steam
 - 22. vacancy
- Down**
- 1. viaducts
 - 2. shoe
 - 3. alpaca
 - 4. salmon
 - 5. abrasion
 - 6. bray
 - 8. rachmaninov
 - 13. bracelet
 - 15. nowadays
 - 17. income
 - 18. scorch
 - 19. cask
 - 20. hand

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



Personal health budgets to be rolled out from October 2012

People who are assessed as having complex health and care needs will have the right to ask for a personal health budget by April 2014, Health Secretary Andrew Lansley has recently announced. Rolled out from October next year, they aim to improve the patient experience by delivering care in the most appropriate setting and by the provider of their choice.

Andrew Lansley said: "Personal health budgets clearly fit with the future direction of a modern NHS which focuses on quality and gives patients more control and choice. They allow people to work with the NHS to receive more personal, tailored care which fit with an individual's life and uses resources most effectively." He continued, it will personalise the NHS and provide more integrated high quality care across health and social care."

There are currently over 1,300 people receiving personal health budgets within the pilot programme for a range

of conditions, such as long term mental health issues, end of life care and NHS continuing healthcare.

Those eligible for NHS continuing healthcare will be the first group to receive personal health budgets, building on early evidence from the pilots as well as existing demand from this group, many of whom want to keep the control they have for managing their care within social care.

The announcement follows the independent NHS Future Forum report, which recommended action to promote personal budgets and implement them within five years to give patients access to tailored services. Early feedback shows that individuals have already experienced benefits with personal health budgets, from using exercise classes to treat depression to enabling people who need 24/7 care to employ and train their own carers, rather than relying on expensive agency staff.

For further information regarding personal budgets, whether health or social care, please contact DIAL.

T: 01736 759500

E: dial@disabilitycornwall.org.uk

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COMMUNITY ENERGY PLUS

Complaint by Wheelchair protester partially upheld

The Independent Police Complaints Commission (IPCC) has partially upheld a complaint from a student fee protester, Jody McIntyre, after being removed from his wheelchair during the protests at the end of last year.

The IPCC said Jody McIntyre might have been assaulted by an officer using excessive force, but said it was too late to prosecute. They have recommended 'management action', rather than disciplinary proceedings against the officer involved.

Jody McIntyre had been outside Parliament where he said he was hit by a baton, taken out of his wheelchair and dragged across the road.

The IPCC said it believes 'that a criminal offence of common assault may have been committed and the matter should therefore have been referred to the Crown Prosecution

Service. However, the six-month time limit in which such a prosecution could be commenced had already passed by the time this appeal was lodged.

Mr McIntyre said the IPCC report showed he had been mistreated, but he could not understand why the watchdog had not criticised his removal from his wheelchair. He said: "This is clearly a very strange interpretation on the part of the IPCC and certainly not an interpretation that I agree with. What they are essentially saying is the police officer was right to push me out of my wheelchair but then wrong to drag me across the road."

He continued, "I think an apology on behalf of the police would be necessary, but this apology is completely insufficient. I'm currently in discussions with my solicitor about further legal action."

Cornish charity criticises bus concession cut

Cornwall People First has urged Cornwall Council to offer early morning bus concessions again and claimed that some of its clients were having to choose between food and getting to their voluntary work placement.

Cornwall Council said withdrawing all bus pass concessions before 9.30am brought it into line with the rest of the country. A council spokesman said it was looking at solutions for anyone affected.

Cornwall People First said one man who cannot afford his bus fare is now walking an hour-and-a-half. Christopher Jordan, a trustee of the charity who relies on the buses, said:

"I do voluntary work in Penzance. I am an hour away and have to catch a bus before 9.30 to make it worth my while coming down."

Nigel Walker, a former county councillor who held the adult social care portfolio between 2005 to 2009 and now an advisor to Cornwall People First said: "Quite frankly it's a disgrace. There must be a simple way to allow the people with learning difficulties to re-claim the cost, or issuing them with a different pass which shows they can travel any time of the day with a concession."

Bus companies have said that routes would be axed if the council did not find a way of funding the shortfall for concessionary bus fares. Cornwall Council has announced it will look at the issue of the concessionary fare subsidy it pays bus companies, and the threat of cuts and service losses.

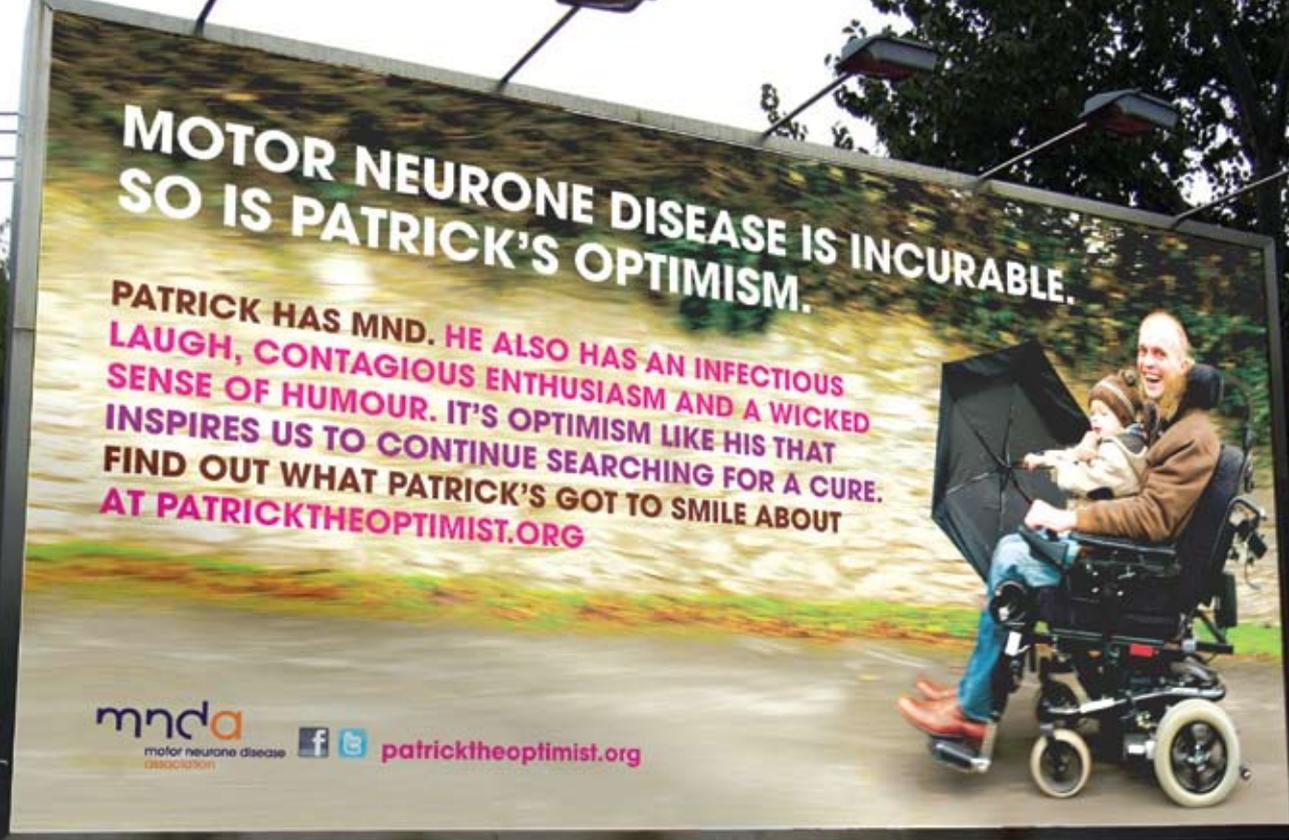
UN Chief welcomes 100th ratification of disability convention as a milestone

United Nations Secretary-General, Ban Ki-moon, hailed Colombia's recent signing of the United Nations Convention on the Rights of Persons with Disabilities as an important milestone. The South American nation has become the 100th country to ratify the convention which supports greater access for disabled people to participate in their communities, widely regarded as the first international human rights treaty of the twenty-first century.

Commenting on the signing Mr Ban said, "The Convention on the Rights of Persons with Disabilities is a powerful tool for inclusion and development. Let us use it to make concrete improvements in the lives of persons with disabilities."

About 10% of the global population, or 650 million people, live with a disability. An estimated 386 million people of working age are disabled, with unemployment rates soaring as high as 80% in some countries.

The Convention was adopted by the General Assembly in 2006 in an effort to ensure disabled people have the same human rights as everyone else. 82 countries immediately ratified it, which is the highest number for a UN treaty in history.



Meet two incurable optimists

Motor neurone disease (MND) is a devastating neurological condition which kills five people every day in the UK. It progresses rapidly and leaves the person unable to walk, talk or eat.

In previous awareness campaigns the Motor Neurone Disease Association (MNDA) has always focused on the cruel nature of MND. However, in their most recent campaigns they wanted to highlight the amazing, positive and often humorous spirit some people with MND have. The disease may be incurable, but so is their optimism.

The initial inspiration for the 2010 campaign was 40 year old artist Patrick Joyce who was diagnosed with MND in March 2008. He lives in Somerset with his wife Kathy and their three young children Reuben, Elliot and Nancy. Patrick is an artist and despite the disease weakening his arms and hands, he set himself a challenge to paint the portraits of 100 'incurable optimists' while he could still paint.

Patrick said: "I've found out first hand what MND does to individuals and their families. I'm gutted I won't get to see my children grow up. It's like watching a great film and not being able to see the end. I'm determined to use what's left of my life and my diminishing artistic skill to encourage others to do something optimistic every day."

Patrick continued, "I began the 100 portraits project in the hope I could show that behind the horrible statistics there are people fighting to stop this disease, people giving up their lives to care for its sufferers and people living with it, with dignity, fortitude and a sense of humour. These are real people, with amazing stories of courage and hope for the future. I want to tell their stories and through the telling, inspire more people to help us."

The campaign saw billboard posters across the national rail network and the London underground and coverage in national newspapers, as well as on TV and radio. Exhibitions of Patrick's portraits were held across the country, including The Royal Society of Medicine and the Houses of Parliament.

Sadly Patrick can no longer paint. "I've had to stop. I finished portrait No.18, Stephen Hawking, felt exhausted and decided to have a break. Eventually I asked Kathy to get my pencils out again, reached for one and it was really hard, my hand was shaking, my arm on fire. The pencil was blunt, so I tried to reach for another. It was much, much harder the second time, most of the pencils went on the floor and my arm just gave up. It was then I realised that for me, painting is over. But I don't want it to end here. This is not the end of the 100 portraits."

For the awareness campaign this year, MNDA wanted to continue with the theme of incurable optimism. Patrick



ONLY MONTHS TO LIVE. 100 PORTRAITS TO PAINT.

"I'M PATRICK AND I'M AN ARTIST. SOON I WILL LOSE THE ABILITY TO PAINT FOREVER THANKS TO MOTOR NEURONE DISEASE. BUT I AM DETERMINED TO CREATE 100 PORTRAITS IN WHAT TIME I'VE GOT LEFT, TO RAISE AWARENESS OF MND AND HELP FIND A CURE." WILL HE MAKE IT? IS HE ANY GOOD? BRUSH UP ON PATRICK'S ART AT PATRICKTHEOPTIMIST.ORG



patricktheoptimist.org

Registered Charity No. 284584

was determined to spread this message through his art, now Alistair wants to do the same through his music. Former teacher, Alistair Banks, also 40, was diagnosed with MND in 2010. He is married to Alice and they have two children, Finn, 7, and three year old Freya.

"I first knew I was ill when I developed a limp and pronounced muscle wasting in my right leg," Alistair said. "Once MND was confirmed, I was able to try and develop a coping mechanism and start my 'grieving process'. Grieving for the things you will not do with your life, grief for missing out on seeing my children grow up, grief for dying and leaving my wife."

Alistair continued, "It was when I was sitting on a London underground platform, I found myself staring at a billboard of 'Patrick the incurable optimist'. The alarming and thought provoking-message the poster conveyed made an instant mark on me, as did Patrick, who I later met in person not long after my diagnosis was confirmed. I was not going to hide under the duvet (although, this sometimes does happen) but attempt to be optimistic and positive in the face of such a terrible situation. I am an incurable optimist because I firmly believe that as a family we can lead happy lives and have wonderful experiences together throughout the limited time I have left."



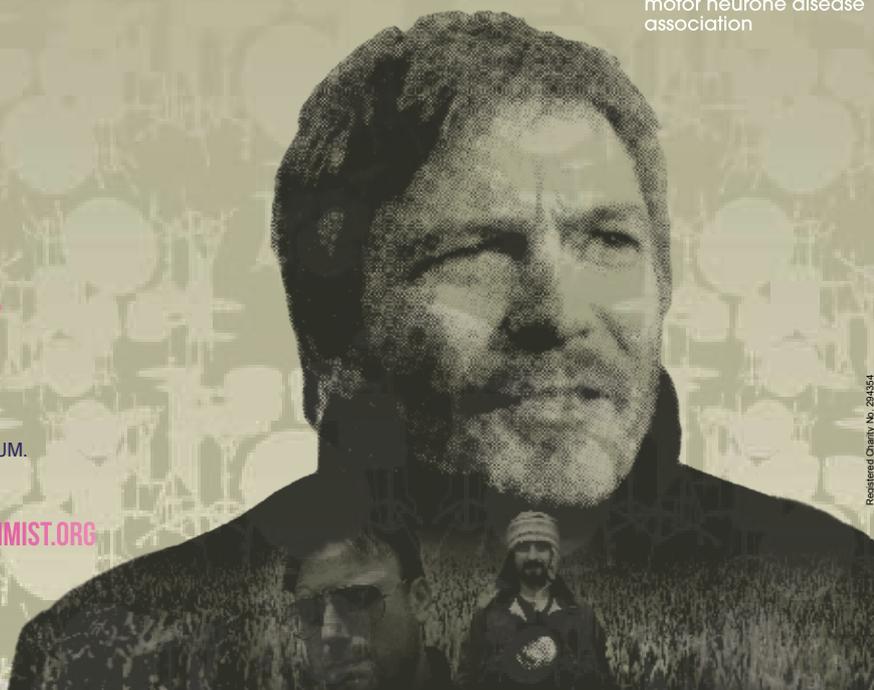
WHAT'S A DYING MAN GOT TO SING ABOUT?

ALISTAIR IS LIVING WITH MOTOR NEURONE DISEASE. IT CAN KILL WITHIN 14 MONTHS.

HE WANTS TO FULFIL A LIFELONG AMBITION AND RECORD HIS OWN ALBUM WITH THE HELP OF HIS OLD BAND, BUT TIME IS RUNNING OUT. HE'S DETERMINED TO FINISH WRITING AND RECORDING BEFORE THE MUSCLES HE NEEDS TO SING AND BREATHE STOP WORKING. ALREADY HE CAN NO LONGER USE THE FOOT PEDAL ON HIS BASS DRUM.

OF COURSE HE'LL MAKE IT, ALISTAIR'S AN INCURABLE OPTIMIST, JUST LIKE YOU.

FOLLOW HIS PROGRESS AND SHOW YOUR SUPPORT AT ALISTAIRTHEOPTIMIST.ORG



As DISCOVER goes to press, Alistair is busy, writing and recording an album of original songs with his old band mates. He says, "There is something magical about creating music, especially when it's with good friends. As my MND continues to progress I've found playing drums extremely difficult. The level of general fitness, muscle strength and co-ordination required to smash a drum kit is rapidly ebbing away from my body. I can no longer control the movement of my feet and legs sufficiently to operate any foot pedals and my arms continue to weaken. My adapted playing style now resembles a limp wristed novice and not

the enthusiastic Keith Moon wannabe technique of old! Nevertheless, two recent low key gigs with friends have reignited my desire to keep making music and drumming for as long as my body will allow. Initially, we, the band (the Flotillas) plan to record an album even though we live in different parts of the world. Ah, the power of the internet!"

www.alistairtheoptimist.org and
www.patricktheoptimist.org

With special thanks to the Motor Neurone Disease Association



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Wozzon?

Transitions event at Nancealverne



Nancealverne School want to arrange an event on 9 February 2012 from 9.30am – 12.00pm for parents whose children are coming up for transition age (14 – 18 yrs). It will give an opportunity for parents to meet and talk informally to relevant professionals involved in providing services or information about the next steps to adulthood for their children.

The intention is for a 'drop-in' event and for organisations to have information stands to provide leaflets, but limiting the need for presentations, although an interactive whiteboard will be available.

Please RSVP whether or not you can attend and contact Chantal Bell for any further information.

T: 01736 365039

E: homeschoolliaison@nancealverne.cornwall.sch.uk

Carers Carol Service

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For more information contact
Cornwall Carers Service on
01872 266383

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Please contact Sue McDermott for more information

T: 01872 273952

E: sue.mcdermott@cornwallrcc.org.uk

DPAC Mass Strike on

November 30

The TUC union are planning a mass strike on November 30 all over the country with hospital workers, teachers, civil servants and local government workers in Cornwall taking part. Their dispute with the government concerns increased pension contributions, decreased retirement pensions and having to work longer.

A march and rally will be held in Truro and Cornwall Disabled People Against the Cuts will be taking part along with many other community groups. Please come and join us! Contact Chris Gibson for further information.

T: 01872 560483

E: c.mccarther@sky.com





Photos courtesy of (left) CBMI/Heal Africa
(middle top) CBMI/Argum/Einberger
(middle bottom) CCBRT

Working in the world's poorest countries

CBM assisted more than 25 million disabled people overseas last year

CBM is a disability charity working overseas to improve the lives of disabled people in the world's poorest communities. The initials used to denote Christian Blind Mission but CBM now works with all people regardless of their disability or religious beliefs. Its goal is to empower people to change their own lives. Based on its Christian values and over 100 years of professional expertise and experience, CBM addresses poverty as a cause and a consequence of disability, and works in partnership to create a society for all.

Founded in 1908 by the German Pastor Ernst Jakob Christoffel, known as the 'Father of Forgotten Children', his Christian faith led him to care for the needs of disabled children and orphans in Turkey and Iran.

CBM UK is based just outside Cambridge and works with people with all kinds of disability, remaining true to the principles that brought it into being in 1908. Now very much an international charity, last year it helped more than 25 million people with, or at risk of, disability, including performing over 850,000 eye operations.

In 2010, the charity supported over 800 projects and worked in almost 90 countries. It provided skills training and employment to over 12,000 teachers, 2,000 doctors and 3,000 nurses.

Enabled not disabled

Chief Executive Officer, Dr Bill McAllister said: "Our goal is to empower people to change their own lives and to enable people to reach their full potential regardless of their disability."

CBM sees disability as a development and human rights issue. Disabled people in the most disadvantaged societies in the world are often excluded from employment or income generating opportunities, as well as social life and community activities, leading to a life of poverty.

People all over the developing world have received eye treatment from CBM. October 2010 saw a particular milestone being reached when it performed its 10 millionth cataract operation since the first CBM surgery was carried out in Afghanistan in 1966.

Sustainable development is a key CBM principle demonstrated in the financial support it provided for 83,163 people who were assisted via vocational training and employment in 2010.

Cause and prevention

The organisation's focus is on the prevention and treatment of diseases wherever possible, and on education and rehabilitation so that disabled people can be included in their society as equals and lead a largely independent life. It works in partnership with national and local organisations and provides an important advocacy link between disabled people and their respective governments.

www.cbmun.org.uk



Doing life differently

Radar, the UK's leading disability rights campaigning network, has produced a series of guides to make life a little easier.

This ever growing series of publications has been written by and for people with a disability or health condition. Each guide is packed with practical advice about ways to do everyday things differently and include real-life stories to inspire people to take control of different aspects of their lives, with maximum choice and independence.

Doing IT Differently aims to provide information and assistance to allow everyone the opportunity to take advantage and overcome the barriers of Information Technology and computers, regardless of disability.

Doing Work Differently explores practical solutions to questions related to work and provides real life examples of how people have started a job, found a new career, or found a way to keep doing their current job if their circumstances change.

Doing Money Differently explores new ways of making, saving and looking after your money. It's a toolkit to help people better understand money and lessen the amount of time you spend thinking and worrying about it.

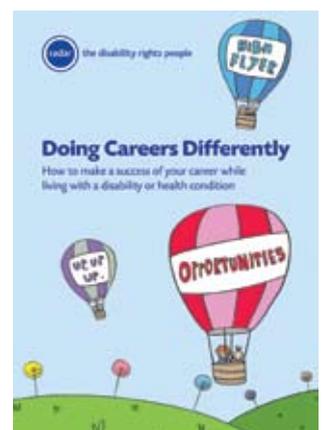
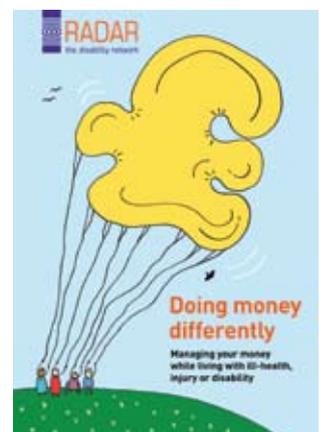
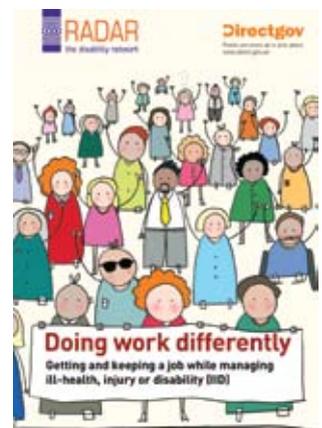
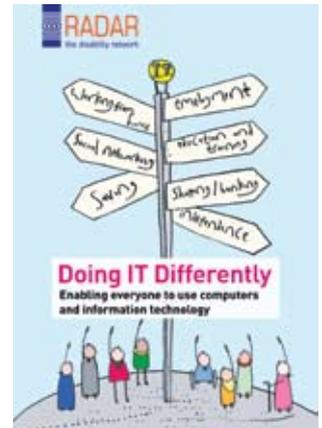
Doing Careers Differently shares stories from people who have built satisfying careers, from part time work to a management role and beyond. It's packed with useful information and visions of the possible to spark imaginations.

Coming Soon

Doing Transport Differently has information and travellers' tales to help and inspire people with experience of disability or health conditions to use public transport.

If you are interested in downloading a free copy of one of these publications, visit the RADAR website.

T: 0207 2503222
www.radar.org.uk





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Select Committees

Working in both the House of Commons and House of Lords, these committees concentrate on specific government departments or specialist subjects. They gather evidence, run inquiries and report on issues within their particular area. The results are often made public and require a government response. Anyone can submit relevant information to a committee in response to a call for evidence, so if you have experience or information to share, you can give evidence to any appropriate inquiry.

www.parliament.uk/about/how/committees/select/



Parliamentary Questions

These questions are tools used by MPs to seek information or to press for action from the government. They require ministers to provide information, explain the work, policy decisions and/or actions of their departments. Questions, and answers given, are published. If you want the government to provide information on an issue, or to take action, you can suggest your MP tables a question.

www.parliament.uk/about/how/business/questions/



All Party Parliamentary Groups

APPGs are informal cross-party groups with memberships drawn from both Houses, but are not officially part of parliamentary work. APPGs have been formed on a wide range of issues from Afghanistan to zoos. They are a good way for you to come into contact with members who are interested in your area and may be able to work with you in the future.

www.parliament.uk/about/mps-and-lords/members/appg/



Debates

An adjournment debate in the Commons, or question for short debate in the Lords, is a way of having a general debate without requiring the House to vote. There are several different types of adjournment debate. Some allow the Commons to hold a general open-ended debate on a subject or a government policy without reaching a formal decision about it. Others provide an opportunity for backbench MPs to raise constituency issues or other matters relating to government administration or policy, and to obtain a response from a minister. Debates are a good way of raising awareness of an issue among MPs, Lords and the media. You can work with your MP or a Member of the House of Lords on applying for a debate to highlight an issue and to obtain a response from government.

www.parliament.uk/about/how/business/adjournment/

Early day motions

EDMs are formal motions theoretically submitted for debate in the House of Commons. Very few are actually debated, but are printed and may be signed by backbench MPs who support the issue. Used for a variety of purposes, such as drawing attention to specific campaigns, demonstrating the extent of parliamentary support for a particular cause and generating publicity for the viewpoints of MPs, there is little prospect of EDMs being debated, although many attract a great deal of public interest and frequently receive media coverage. You can work with your MP on submitting an EDM and raising support for it from other MPs.



www.parliament.uk/about/how/business/edms/

Submitting evidence to a Select Committee

Beacon Heath Children's Sure Start Centre in Exeter has a Parent Forum Focus Group to influence and shape the services provided in the centre and the wider community. They found a Select Committee (then the Children, Schools & Families Committee) was running an inquiry into Sure Start Centres, and wanted to hear

experiences and thoughts from people who use them. The parents wrote down how they felt about their centre and suggested how they thought the Sure Start programme could be improved. This was submitted as evidence, was read by MPs on the committee and included in the final report to government.

Using All Party Parliamentary Groups (APPGs)

'Campaign!' is a project working with young disabled people across the South East of England. In February they brought two Campaign! groups to Westminster to meet Parliamentarians. The group wanted to invite MPs and Peers who were interested in disability to meet the young people and listen to their views. They looked up the members of the APPGs on Disability and Learning Disabilities and invited them to the event, explaining they had chosen to invite them due to their membership of the APPG, rather than targeting them randomly. The response was very positive and they were able to form two panels of eight parliamentarians including MPs from all parties and Members of the House of Lords.

For further information including free training, please contact Naomi Kent.

T: 07917 488148

E: kentn@parliament.uk



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Just for the record

Will volunteering affect my benefits?

Jobcentre Plus recognises that volunteering can be a positive experience for many unemployed people as it helps to build confidence, offers valuable work experience and enables people to make a contribution to the wider community. In recognition of this, Jobcentre Plus launched 'Work Together' in October last year to promote the value of volunteering with its customers and improve the way it signposts them to opportunities.

Obviously it's important for people to receive accurate information regarding the impact of volunteering on any benefits they may receive, as well as clarification on some of the more common misconceptions which can be a barrier to prevent any volunteering in the first place. The government website for public services, DirectGov, is a good place to start for up to date information of this kind.

Perhaps the most common misunderstanding is the so-called 16-hour rule, where people think they cannot volunteer for more than 16 hours a week before their benefits are affected. In fact, people can volunteer for as many hours as they wish, as long as they continue to meet the basic benefit rules, which means for example, people on Jobseeker's Allowance will still need to be looking for paid work, be free to go to a job interview at 48 hours notice and start work within a week.

Another common misunderstanding concerns the impact of expenses paid to unemployed volunteers. The key rule here is that while volunteers must not be paid for volunteering, 'out of pocket' expenses, such as for food and travel, do not affect benefit entitlement. Any money received on top of this will usually count as earnings and taken into account when assessing benefit.

For further information visit DirectGov or contact DIAL.

T: 01736 759500 (DIAL)
www.DirectGov.uk



Photos courtesy of the Penwith Volunteer Bureau

Letting the creativity flow

Victoria Bampffield has been running therapeutic art workshops in Cornwall for people with learning difficulties for six years. She usually works on a one-to-one basis or with two or three people together in their homes, so the atmosphere is familiar and comfortable. "I also see clients at my home," Victoria said, "Where usually one of my three cats will join in the session!"

Having previously taught privately and in adult education, Victoria was delighted with the change of direction. She said, "As soon as I began working with adults with learning difficulties I was hooked! I loved the spontaneity and lack of inhibitions, the original work produced and the fresh approach to learning new skills."

The approach taken is person-centred with each session tailor-made to suit the needs of the individual. All materials such as paints, pens, textiles, glitter etc. are provided and Victoria is clearly passionate about what she does. "The creative process is a hugely powerful avenue for well-being and personal development," she told DISCOVER. "I've seen really positive results, whether improved self confidence, concentration and coordination, learning something new or being able to explore individual creativity without any restrictions."

The emphasis is on the 'feel' of the materials and interesting ways to apply them, whether by brush, sponge or stick, with the experience being a sensory one, to relax the student and leave them free to explore and experiment.

If you are interested in enrolling on one of the workshops, there are some funded places available for people on low incomes, thanks to a charity called Healing UK (www.healinguk.org).

T: 07859 066450

E: vbampffield@yahoo.co.uk



Igniting the world of dance



Photos courtesy of Kyle Stevenson

The Ignite Programme for artists with disabilities, produced by Gloucestershire Dance (GD) and funded by the Big Lottery, has ambitiously brought together choreography, leadership training and a national conference at The National Star College in Cheltenham.

Ignite's aim was to raise the level of artistic and leadership skill of choreographers and to stimulate dialogue between promoters, producers and artists with disabilities to address why there is so little work by disabled artists on the scene. Nine artists worked with leading figures in the inclusive dance field and volunteer dancers provided their services free. When not working on their own original pieces of choreography, artists were preparing, delivering and giving feedback on leadership skills.

The conference included eight speakers, ranging from Directors of International Disability Arts Festivals, to National Trust Estate managers. The growth of

disability arts was discussed and how outdoor festivals are embracing work by disabled artists. Delegates debated three core questions: Whether it's too risky for promoters and producers to programme work by disabled dancers; if those dancers and choreographers are disadvantaged in not having formal qualifications and how could programmers and artists get to know about each other better?

The whole programme was evaluated externally with follow up mentoring sessions and exploration of potential partnerships continued after the programme. GD is now working in partnership with other players in the sector to create a cohesive development pathway for disabled dancers and choreographers.

Future Ignite courses and seminars are planned on a biannual basis, the next scheduled for 2013.

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In each issue of **DISCOVER** we invite organisations to tell us about their services



Cornwall's memory cafes

Hardly a day goes by without 'a potential new way to reduce the chances of developing dementia', or a new form of medication being in the news, and in Cornwall it's estimated there are 8,000 people living with dementia, but less than 6,000 have actually been diagnosed.

With all these facts and headlines, it's easy to forget that a person living with dementia is a person first and foremost, and the disease, although significant, is only one part of their life.

In fact, certain parts of the brain enable people living with dementia to function even more sensitively, and the ability to appreciate nature, art, and music is not lost, even when names and words may be forgotten. These creative skills and capacities which diminish more slowly can provide meaningful ways to connect and communicate with people living with dementia.

Cornwall Rural Community Council now have 24 Memory cafés around the county, and although each one is unique, they all aim to provide settings where people with memory loss and their families and carers will feel welcomed and valued.

Sue McDermott, Project Manager said, "Memory café guests enjoy taking part in creative and cognitively stimulating activities, and reminiscence sessions, as much as they enjoy socialising together and experiencing mutual support."

Memory Café guest Jenny said, "We don't get out like we used to, and coming to the café has given us a social life again. I had really missed being able to talk to people." Her husband George added, "I didn't know people before I came here, but they are real friends now because we have something in common."

T: 01872 273952

E: sue.mcdermott@cornwallrcc.org.uk



Memory Cafe

St Teresa's Cheshire Home

St Teresa's Cheshire Home, situated in Long Rock near Penzance, is part of the international organisation, Leonard Cheshire Disability, one of the largest charities in the UK supporting disabled people. The home, which is set in beautiful extensive grounds overlooking Mounts Bay, was the second Cheshire home to be built in the UK and has occupied the site for the past 55 years.

It provides residential and nursing care, as well as day care and respite facilities, and currently supports 25 disabled adults from across a wide age range.

St Teresa's employs a staff of over 80, consisting of support workers, nurses, catering, maintenance and administrative staff, supported by a team of volunteers who either work with clients on a one to one basis, assist to maintain the gardens, or help with fundraising activities.

Physiotherapy and chaplaincy services are both on offer and other regular activities include a horticulture club, computer club, and a reading group. There is a small fleet of vehicles to assist service users with their transport needs.

Please contact them for more information or to discuss volunteering opportunities.

T: 01736 710336

www.LCDisability.org

The South Cornwall Branch of the Multiple Sclerosis Society

The MS Society has over 350 branches throughout the country to support people affected by the condition including family and carers. Four of the branches are in Cornwall with locations in west, south, north and mid Cornwall.

The South Cornwall branch provides a range of services such as information & literature, including a regular newsletter, social events, informal support groups and carers groups, financial assistance and a voucher scheme for various therapies, including physiotherapy.

While the National MS Society concentrates on research and development for cures and treatments, the local branches have to be financially independent to support local people affected by MS and rely entirely on fundraising and donations to provide services. The Branch is run by a committee of dedicated volunteers, the majority affected by MS themselves.

Multiple Sclerosis (MS) is an autoimmune condition where a person's immune system, which normally helps to fight off infections, mistakes the body's own tissue for a foreign body, such as infectious bacteria, and attacks it. Each nerve fibre in the central nervous system is surrounded by a substance called myelin. Myelin helps messages from the brain to travel quickly and smoothly to the rest of the body. In MS, the immune system attacks myelin, stripping it of the nerve fibres, either partially or completely, and leaving scars known as lesions or plaques. This myelin damage disrupts messages travelling along nerve fibres, so the messages slow down, become distorted, get passed from one nerve fibre to another or don't get through at all. As well as myelin loss, there can sometimes be damage to the actual nerve fibres and this nerve damage causes the increasing level of impairment over time. Multiple sclerosis affects people in different ways and some people may maintain a normal lifestyle while others have to build their lives around MS.

T: 01872 274911

www.mssociety.org.uk/southcornwall

Pick

Pick was founded by Lynn Jenkins after she was diagnosed with breast cancer in 2000. After undergoing both chemotherapy and radiotherapy, she eventually had to have a mastectomy. Although her cancer went into remission for 18 months, it did return and was terminal. However, Lynn's strong character never accepted this and she battled on.

During this time she sought support from complimentary therapies, as she found they relieved the stress and side effects of conventional treatments. Lynn discovered that help of this nature for cancer patients was limited in Cornwall and set about fundraising, recruiting volunteers and enlisting qualified and insured practitioners, so patients going through conventional treatment could also access complimentary treatments if they wished.

The aim of Pick is to provide a free service that is professional, caring, friendly and easily accessible for anyone undergoing cancer treatments in Cornwall. Therapies available include acupuncture, aromatherapy, counselling, crystal healing, homoeopathy, Indian head massage, shiatsu, and massage.

Complimentary therapies have helped with stress, sleep difficulties, depression, pain, nausea, constipation, fatigue and skin problems.

All the therapists have undertaken training, working with people who have cancer, and can offer up to six treatments free of charge depending on availability. However, they always welcome and appreciate any donations, supporters or new therapists to join them.

T: 07805 944552

www.pickkernow.co.uk



MS South Cornwall Branch get together

Poetry in Motion

Brandon Wint lives in the Canadian capital, Ottawa, but feels growing up in the largely racially and ethnically homogeneous suburb of Toronto taught him a lot about what sort of things constitute 'belonging' in the social sense. Born to a Jamaican father and a mother from Barbados, and having a visible physical disability with cerebral palsy, Brandon feels there were two distinct ways in which he could be perceived as 'different'.

He told DISCOVER: "I became a member of the poetry community here in Ottawa when I began attending the local slams (poetry competitions where poets perform short pieces of original word before being judged by five randomly selected members of the audience) in 2008. I've now been writing, performing, and teaching poetry professionally since late 2009.

Even before this, Brandon understood the ability to perform for an audience was a special thing. "The understanding of poetry as a gift is part of what motivates me," he said.

Ottawa is a city with a rich community of spoken-word poets. Several of Brandon's peers motivated him to work toward becoming a professional poet by marketing himself and requesting payment for all of his performances. In November 2009, Brandon and four other poets competed in the Canadian Festival of Spoken Word as representatives of Ottawa. Teams of poets from several of Canada's major cities competed to become Canadian National Champions. They won the competition and decided to stick together as a performance entity, having since performed all over Canada, as spoken word troupe, 'The Recipe'.



"The other members of The Recipe have been the largest influence on my life," said Brandon. "Their guidance, spirit, and ambition have made me realise how much personal potential I have to change my own life through the gifts of writing and performance. Each of them has been successful in gaining national, and in some cases international, notoriety for their approach to the spoken word art form."

The Recipe toured Canada during both of the last two summers. Currently spoken word is Brandon's only source of income, and carving out a professional and artistic identity has taught him much about what it means to be dedicated and disciplined in one's approach to life.

Brandon said, "I believe my disability has shaped me

in more ways than I can consciously account for and I've been trying to understand how my physical state has influenced my social disposition but have yet to come up with any answers! Perhaps having a physical disability has meant I have always been seen through a lens of difference?"

He continued, "I've always been viewed as someone who possessed unique qualities. The fact I've been looked upon with an abnormal lens may have, in turn, given me a unique way of looking upon the world. Physical disability is always a mysterious and enigmatic thing for non disabled people to understand. I think being perceived by others with this added mystery has forced me to always ask questions of myself. These questions have made it especially easy for me to understand the value of introspection. Maybe the



POETRY IN MOTION

A PARTUS FILM

Featuring Brandon Wint

and

Claude Munson

OIFF 2011
OTTAWA INTERNATIONAL
FILM FESTIVAL

need to introspect is part of what made poetry such a natural mode of expression for me as a young person. Perhaps I would be less drawn to create this type of art if my subjective disposition to the world wasn't naturally a little bit off-centre because of the way I am looked upon (at first glance) by those around me?"

Brandon believes his disability has influenced his career in a positive way because of what associations others may typically draw about those who are physically disabled. He told DISCOVER: "If it's the case that people with physical disabilities are most often thought of as being weaker, or negatively compromised by their physicality, then I think the visibility of my disability is influencing audience members each time I am on stage. Those who are seen and heard on stage are usually thought to be occupying a position of strength or importance while they do so. If the words of my poetry resonate with audience members in a particularly powerful way, I will look stronger and more important still. Therefore, it may be every time I'm on stage, the audience are forced to reconcile the idea that disabled people are somehow weaker or more vulnerable than those without them, with the idea that those on stage are strong, empowered, and worthy of attention, if not admiration."

Brandon doesn't often speak about his disability while on stage, but his very presence there may speak volumes for some people. He has never sought to position himself as a 'disabled poet', but does think his disability affects his stage presence.

The release of the video, 'Poetry in Motion,' is a new and exciting development for Brandon. He explains,

"The video is meant to articulate some of the questions I've asked myself with respect to my disability."

The visual aspect of Poetry in Motion is the brainchild of Craig Allen Conoley of Partus Films. "I think Craig did an expert job of using visual techniques to give the viewer a sense of how the lenses of others interact with the sight of my physical difference(s)," said Brandon. "The video expresses the way strangers tend to cast curious, quizzical, confused, angry or even disgusted gazes upon those who walk or move differently than they do."

Poetry in Motion is poignant in conveying Brandon's relationship to his body and disability, while also leaving the viewer with an understanding of how others view him. Brandon said, "I think the video is a rare chance to experience life from the perspective of someone who is frequently looked upon as somewhat alien because of his superficial physical characteristics. The degree to which the viewer feels uncomfortable in my shoes will dictate what sort of questions they may ask themselves about our social constructions around dis/ability."

Poetry in Motion is available at: www.youtube.com/watch?v=liQ3MehS-G0

PARTUS FILMS works to deliver intimate and thoughtful videos for artists, organisations and businesses looking for a strong presence on the web. Industry or art, PARTUS FILMS helps to create that extra layer of thoughtfulness required to promote good content.

www.partusfilms.com

eastTHAMES

a safe house that's one of a kind

Beverly Lewis House (BLH) is the UK's only refuge that offers a unique supported housing service focused on safeguarding women with learning difficulties who are at risk of, or have experienced, abuse.

The scheme is run by support housing specialist East Thames and provides supported accommodation for up to two years for women with learning difficulties and challenging behaviours. People receive person-centred support to help overcome the trauma of abuse and develop positive behaviour support plans that will enable them to move on to a better quality of life.

Tenants at BLH take part in a range of life skills workshops and one to one sessions with support workers to help with things like personal safety, money and tenancy management, healthy living and behaviour management. Staff are trained to provide specialist support, including basic counselling. They often use pictorial communication to engage with tenants and encourage them to use community support and health organisations.

BLH manager Asha Jama said, "Our service is both intensive and specialist as we often work with women with high level challenging behaviours and traumatic pasts. Our aim is to provide a place where people can express their feelings, overcome their trauma and be empowered to learn life skills that will help them move on safely."

One of the more innovative services BLH offers is helping women with learning difficulties escaping an abusive forced marriage. They have seen an increase in cases where the woman is mistreated because she is unaware of her rights outside of cultural expectations and her husband is not prepared to deal with her level of need. The nature of this support requires having staff that speak other languages,

promoting self-advocacy and working with local cultural support networks and women's groups

BLH encourages referrals from all over the UK, and often receives referrals from further afield due to the specialist service and the need to remove someone away from her local area for safety.

www.east-thames.co.uk/beverley-lewis-house





Easy access route

We highlight the work undertaken by the National Trust in improving the access to Britain's most southerly point, the Lizard. Keep an eye out for Cornwall's bird, the Chough, which has protected nests here and if you visit in late April/May, you will have an added bonus of seeing the cliffs covered in the brightly coloured splendour of the Hottentot Fig. Although technically an invader, at least it's a good looking one!

Lizard point

KEY FACTS

- ➔ **Directions:** Take the A3083 from Helston and follow the signs to the Lizard.
- ➔ **Parking:** On the green in the centre of Lizard village, although there are three other car parks at various stages of the walk down to Lizard Point.
- ➔ **Terrain:** Good and mainly flat with either tarmac or cinder surfaces. There are slight inclines especially on the return trip back up to the village.
- ➔ **Distance:** Just short of 1½ miles round trip
- ➔ **Refreshments:** Plenty available in the Lizard village and for those that can reach it, the wonderful Polpeor Cafe, which has fairly good access and is well situated on The Point itself for maximum chough spotting opportunities!
- ➔ **Public Toilets:** There are three accessible toilets situated on the Green, at Coast Café opposite and just before the Witch Ball pub, and in the National Trust car park which becomes the centre point of this walk.

Ordnance Survey Map No:
OS Explorer 103 grid reference SW704123.





All photos by Geoff Squibb

➔ BEFORE YOU START

It's important to note there are a few options you can take on this walk from Lizard village to The Point, but we are detailing the easiest way for an independent manual wheelchair user, or for someone being pushed by their carer or PA. Scooter or electric wheelchair users, or those more able, have a greater choice and can even attempt the hike back up from Polpeor Café, which is otherwise a challenge of Olympic proportions!

➔ ALONG THE WALK

After you have parked on the Green, follow the same road you entered the village on, which continues to the left of Steps Newsagents and takes you towards the sea. The Witch Ball pub becomes noticeable on your left as you amble down. You will soon see a brown sign for Lizard Lighthouse Heritage Centre and take the specially designated 'pedestrian & wheelchair only' track on your right hand side. There is an information board at the start, which explains some of the things you will see and what to look out for. This track is unsealed, but flat and with the special cinder like surface often employed by the National Trust (NT).

Almost immediately you will see the lighthouse and there are wooden benches at various points if you need to 'take five'. At the second bench, note the great view of Housel Bay to your left. Shortly after, at a second gap in the stone hedge which is wide enough for scooters, you will see a tarmac road to your left across the road leading down to Lizard Point. Although this is somewhat narrow and forms part of the one way traffic system to the lighthouse, we recommend you take it, due to its tarmac surface and lack of inclines. In the event of cars coming up behind you, there are a couple of opportunities for you to tuck in and for them to pass. The other option for those more able is to continue on the designated pedestrian & wheelchair-only path which will bring you into the NT car park.

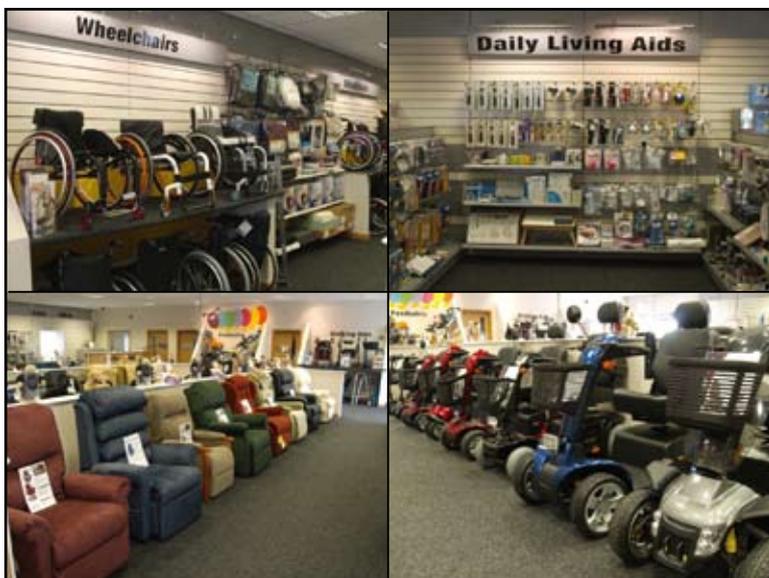
Our route will drop down to your right after a good passing place option on the corner. The lighthouse entrance soon appears on your left opposite the entrance to the NT car park. The accessible parts of the lighthouse complex are worth checking out as there are good views all around and also an accessible parking bay.



Back in the car park, there is a wooden toilet block down to your left beside the path you need to take, which now becomes narrower and slightly sloping. Some loose stones are present as are a couple of 'sleeping policemen'. When presented with it, bear left towards the trees. As you near the coastal path itself you have your first views of Lizard Point. Further on, you have to go left again, towards more trees as the path to your right has a series of steps. You will see an entrance to the youth hostel which we've been told has good access and a wet room. A little further on, is the coastal path and please be careful here. You have great views of Lizard Point and if you have timed it right, the beautiful Hottentot Fig will have carpeted some of the cliffs.

If you're with a carer or PA, or use a tramper for example, you have the option of going right here, but there is a lot of loose stone and shale on the path and fences are only in situ further down, so we don't recommend it. If you do go down, remember, you have to come back up, either the same way or the Olympic challenge option from Polpeor café, which at least has a tarmac surface!

Return back to the NT car park and follow the exit signs on the other side from where you came in. The pedestrian route begins just before the road and all you have to do is follow it and the signs back to Lizard Village.



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Sounds of silence

Paul Whittaker OBE is the founder and Artistic Director of 'Music and the Deaf' and loves coming to Cornwall. Here he gives DISCOVER an insight into himself and his work.

● I'm a Yorkshire man (so like Cornish people have a strong independent streak!) I was born in Huddersfield and have been deaf since birth. Despite that, I grew up in a house that was full of music and started to play the piano when I was five, singing in choirs from age seven and playing the organ when I was 12. I knew from a young age I wanted to be a musician and to help other deaf people and those who live and work with them to enjoy music too.

After gaining a music degree followed by a post-graduate course at the Royal Northern College of Music in Manchester, I set up 'Music and the Deaf', which has been my job for 23 years now. Our aim is to encourage people to explore, create, play and enjoy music. Over the years we've led many workshops, lots of training events, hundreds of talks and set up regional Deaf Youth Orchestras and ensembles. For 19 years, I used to do sign language for performances, but most of that has stopped now.

It was in the early days of Music and the Deaf that I first came to Cornwall and have since visited fairly regularly. For the last four years I've been involved with 'Sing Up', the national singing initiative and ran a big project in the county in 2009. Working with six different schools, my colleagues and I created a series of songs, 'Cornwall through the year', which was performed at Truro Cathedral. As well as singing and signing these songs, each school also had their own solo slot. It was a fantastic project and one of the most enjoyable things I've ever done.

I mentioned earlier I used to sign at theatre performances and it's been good to see Truro's Hall for Cornwall (HfC) providing that service too. Although I've toured with many shows over the years it's not always cost-effective to travel all the way to Truro, so the wonderful Debbie Harvey signs most of the shows there. My appearances at HfC have been with the Rambert Dance Company, which isn't the most obvious thing to sign as there are no words, only music! The company wanted deaf people to enjoy their dance performances so each performance they do has different dances in it: sometimes the music is live, sometimes it's recorded, some of it is

very strange and on rare occasions, it actually has words!

A couple of years ago Rambert did a piece called 'Eternal Light', involving a choir, soloists and an orchestra. It was one of my favourite pieces the company performed, but we did have a bit of a problem in Truro with the dry ice setting off the smoke detectors, and had to evacuate the theatre!

Although I've stopped doing signed shows now I want to do more concert work. Last year, I was invited to sign at the Proms and the Edinburgh International Festival and went back to both this year. I really want to see more music venues providing access for deaf people. Theatres are reasonably good at access these days but concert halls do very little. If any choirs would like to have a signed choral concert, for example, then please do ask me!

As for Music and the Deaf we do have plans to set up a deaf youth orchestra in Cornwall before too long. The big challenge at the moment is funding, but if there are any musicians who read this and would like to be involved please do get in touch. We also plan to set up regional signing choirs in the near future. For news on both of these do look at our website. In the meantime, happy music-making and theatre going everyone! ●

www.matd.org.uk



Paul signing a performance

Chronicles of the Pengelly Belly

I feel we've been cheated of a summer this year. It's hardly been full of salad days and BBQs! For once, I'm actually looking forward to the winter months, full of soups, seasonal winter vegetables, long walks, open fires and, as my good friend calls it, 'woolly jumper sunny days'!

I like to add a bit of heat to my recipes when it's cold outside and one which falls in line with this is my spicy Mexican enchiladas. You can make them with minced beef or Quorn mince as a vegetarian option.



Nicola Pengelly at home in her herb garden

Mexican Enchiladas (serves 4)

INGREDIENTS

1 medium white onion, chopped
2 cloves of garlic, peeled and chopped
500g of lean mince beef / Quorn mince
1 tin of chopped tomatoes
2 tbsp tomato puree
2 tsp of enchilada spice mix
200ml of water
1 small tin of refried beans
250g grated cheddar (or a mix of cheddar and mozzarella)
Pack of 8 flour tortillas
Olive oil
Seasoning



METHOD

- 1 Preheat the oven to 180°C.
- 2 Heat two tbsps of olive oil in a large saucepan and gently brown the onions and the garlic. When the onions are soft, add 2 tsp's of enchilada spice mix and the mince and cook for 5 minutes on a medium heat. If you like your food spicier, add more spice mix.
- 3 Add the chopped tomatoes and 2 tbsp's of tomato puree. Stir. Add the water. Let the mixture bubble away on a low heat for 30 minutes, stirring occasionally.
- 4 In the meantime, grease a large ovenproof serving dish and set aside.
- 5 Spread a tbsp of refried beans on each of your tortillas.
- 6 Once the mince mixture has reduced, after 30 minutes, season well with salt and pepper and add a large handful of grated cheese. Stir.
- 7 Start filling your tortillas! The mince mixture should fill 6-8 tortillas. Place a large dollop of mince in the middle of an open tortilla, making sure it meets the top and bottom edges of the tortilla. Then roll and fold up. Place, seam down, in your baking dish.
- 8 Once all of the tortillas are stuffed, rolled and wrapped, and lovingly huddled up in your baking dish, sprinkle over the remainder of the cheese.
- 9 Pop into your hot oven for 15 minutes.

Serve with sour cream, guacamole and a nice crisp green salad, delicious! It's also very good heated up the following day!

Come and find out more on my blog.

www.thepengellybelly.blogspot.com



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Restaurant Review

Crofters Courtyard Café

By George & Ann Le Hunte

In our view, The National Trust (NT) appears to do all it can to cater for disabled people, especially wheelchair users, in what can often be difficult environments of historic buildings and gardens. One of our favourite walks is Trelissick Gardens, beside the River Fal, not far from Carnon Downs and situated just before the King Harry Ferry. Most importantly, it has a very nice tea room!

Trelissick Gardens opened a new café three years ago in the old courtyard. It's owned by the NT and offers light meals, cakes and refreshments for visitors to both the woodlands and gardens.

Their menu includes sandwiches from £2.95–£3.50, 'Trelissick toasties' served with seasonal salad garnish, jacket potatoes, homemade bacon, egg & parsley pie, smoked mackerel salad and macaroni cheese pasta with garlic bread. The maximum price for a main meal is £7.95 including salad or vegetables. Desserts include apple and plum pie or treacle tart, both served with Cornish clotted cream. Cornish beers and wine are among the many hot and cold drinks on offer.

The large Barn Restaurant is open for Sunday roast, from midday to 2pm, and special event meals. There are easy to read menus on the wall a good range of vegetarian options. Coeliacs can enjoy either banana or chocolate cake together with macarons.



There is an excellent art gallery at Trelissick and the day we visited, the Cornish Dahlia Society was holding its annual show in the stables.

Where appropriate, all NT gardens offer a route map for wheelchair users showing the safe paths to wander around the gardens. There are good accessible toilets situated in the courtyard close to the café.

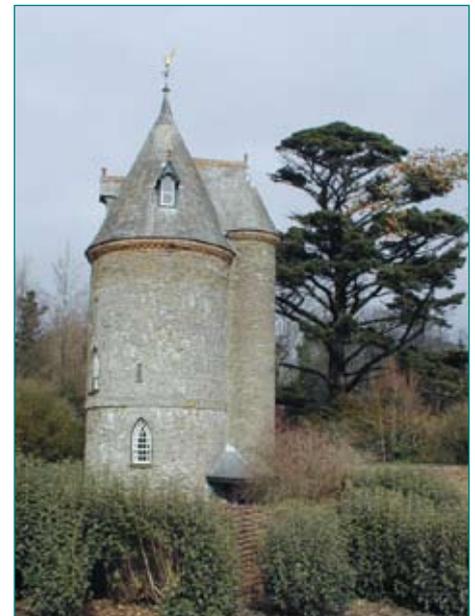
The annual NT Access Guide, free to members, provides excellent information about the accessibility of all NT sites with manual wheelchairs and mobility scooters available to borrow at many of the larger gardens. A free 'Access for All' card is available for the carer/companion of anybody who uses a wheelchair to visit an NT site or property.

There is plenty of accessible parking at Trelissick, but if you need to be close to the café just ask the attendant at the entrance to the car park and he'll direct you to a suitable parking bay.

Crofters Courtyard Café is open every day from 10.30 – 5pm.

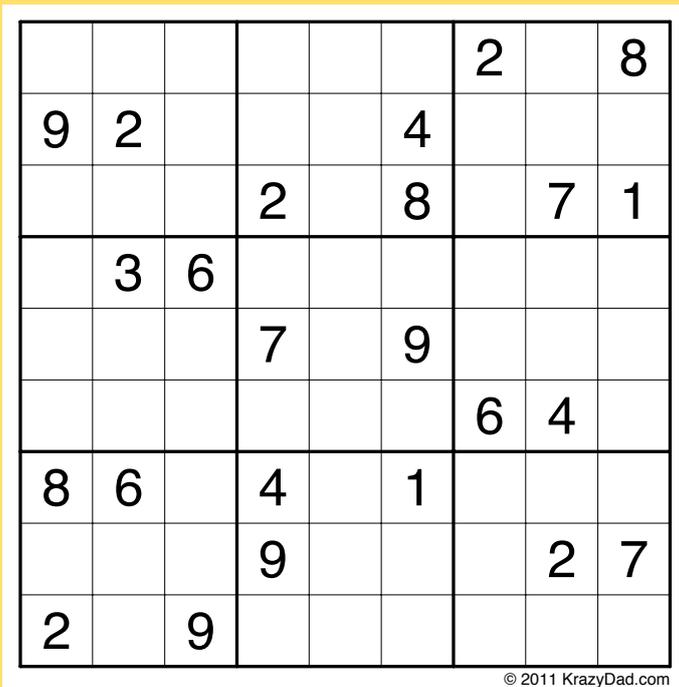
**Trelissick Garden
Feock, near Truro,
Cornwall TR3 6QL**

**T: 01872 863486
www.nationaltrust.org.uk/main/w-trelissickgarden**

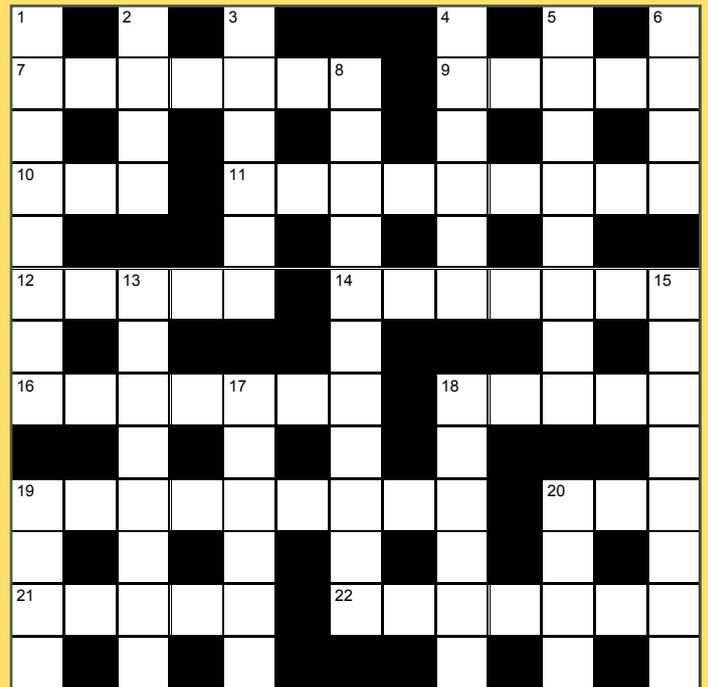


DISCOVER tea break

Sudoku



Quick Crossword



Sudoku and crossword answers are on page 40

Coloured folks

Written by a black gentleman living in Texas, USA

When I was born, I was black,
 When I grew up, I was black,
 When I went in the sun, I stayed black,
 When I got cold, I was black,
 When I was scared, I was black,
 When I was sick, I was black,
 And when I die, I'll still be black.

Now you 'white' folks...

When you're born, you're pink,
 When you grow up, you're white,
 When you go in the sun, you get red,
 When you're cold, you turn blue,
 When you're scared, you're yellow,
 When you get sick, you're green,
 When you bruise, you turn purple,
 And when you die, you look grey.

So why y'all be callin' us COLOURED Folks?

ACROSS

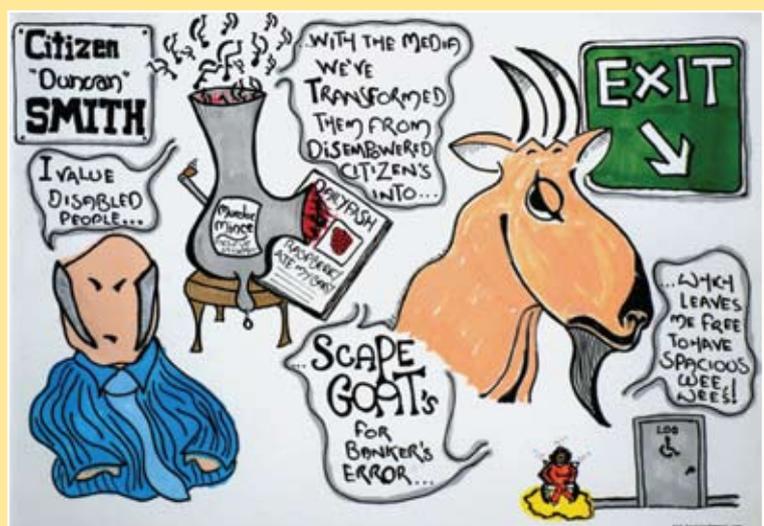
- Can relieve asthma symptoms (7)
- Fossil resin (5)
- Female deer (3)
- To go with someone (9)
- Snake (5)
- Large house (7)
- Train terminal (7)
- Tendon (5)
- Musically, gradually increase in volume (9)
- Used for carrying bricks (3)
- Vapour (5)
- Job opportunity (7)

DOWN

- Bridges carrying roads over valleys (8)
- Footwear (4)
- South American animal (6)
- Fish (6)
- Wearing away by friction (8)
- Cry of a donkey (4)
- Russian composer (11)
- Item of jewellery (8)
- At the present time (8)
- Earnings (6)
- A surface burn (6)
- Container for liquids (4)
- Part of the body (4)

Sid Baility says:

IDS has really done his business on disabled people this time



(Ian Duncan Smith MP, Secretary of State for Work & Pensions is currently reviewing the English welfare system including Disability Living Allowance)

Competition time

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DISCOVER is offering a Trabasack as a prize to a lucky reader who correctly identifies the 15 words in the wordsearch grid below. When you have found and clearly circled them, simply cut out the grid and send it in to us, or if you don't want to take a pair of scissors to your lovely magazine, then you can always photocopy the page and send that in instead!

The closing date is 31 January 2012 and we will inform the reader whose correctly completed wordsearch grid is the first one pulled out of the hat.

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www.trabasack.co.uk

Wordsearch

S	N	O	I	T	C	A	R	T	T	A	T	S	I	R	U	O	T
A	A	Z	M	U	O	X	Y	I	Y	C	H	I	I	G	H	M	O
N	Z	Y	O	O	U	T	Z	L	I	C	D	E	M	C	L	K	K
D	R	R	B	S	N	J	Y	W	Y	E	E	L	C	Y	C	I	B
C	E	Y	I	H	T	E	S	S	I	S	O	X	P	J	R	E	F
H	U	Q	L	N	R	M	Y	T	G	S	S	G	E	G	Q	S	J
A	G	A	I	L	I	M	X	N	F	I	L	F	X	J	I	J	O
I	O	K	T	A	E	X	A	N	D	B	R	H	W	G	N	E	U
R	L	B	Y	S	S	T	T	A	B	L	E	O	H	Q	F	H	R
S	E	J	G	Q	N	F	O	V	E	E	O	T	C	M	E	P	N
K	V	V	T	I	A	P	C	W	J	V	S	D	Z	F	L	E	E
M	A	H	O	L	I	D	A	Y	A	E	R	H	D	U	W	H	Y
W	R	R	N	T	A	I	U	W	E	B	W	P	H	P	G	I	G
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D	E	S	T	I	N	A	T	I	O	N	C	K	O	Q	P	Y	L
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L	U	S	K	B	V	C	V	B	S	N	O	I	T	A	C	O	L

- Accessible
- Holiday
- New places
- Bicycle
- Journey
- Sand chairs
- Countries
- Location
- Sightsee
- Culture
- Mobility
- Tourist attractions
- Destination
- Money
- Travelogue

Parent Partnership Service



Disability Cornwall is the new host of the Parent Partnership Service for Cornwall (PPS), a statutory service providing information and support for parents of children with special educational needs.

With a new service model in place, one employee for the east, one for the west and an efficient, first port of call provided by DIAL, the PPS will have Cornwall covered, and hopes to meet the needs of more parents over the coming four years.

Who is it for?

Anyone, especially parents, Special Educational Needs workers, school staff and health & social care workers interested in ensuring children with special educational needs have them met. The PPS is independent and impartial and seeks to build positive relationships between parents and professionals to achieve the best outcomes for children.

I received help before from the PPS what's changed?

We are delighted the staff, Adele and Katy, have come with the service and we welcome them to our team.

They will still be available for home visits and support at meetings on an as-need basis.

What has changed is that DIAL will now provide a first point of contact for clients, with up front information available, allowing Adele & Katy to focus on providing more support to parents and raising awareness. A new outreach service will also be introduced, with appointments available at accessible venues across the county. This will maximise efficiencies, saving time and travel, allowing staff to meet the needs of more parents and children. A win-win all round we hope!

The PPS website is also undergoing improvements with information, signposting and factsheets soon available to download.

How can I become more involved?

The service is always looking for proactive parents willing to give a little time to help other parents in similar circumstances. Training workshops are planned for the near future for those who want to raise their skills and awareness and perhaps provide support to others. You can contact the PPS using the details below.

T: 01736 751921

E: pps@disabilitycornwall.org.uk



TrewCare
Nurse & Domicillary Care Agency

Telephone: 01326 375949
TrewCare House, Tregonigie Industrial Estate, Falmouth, Cornwall TR11 4SN
Email: enquiries@trewcare.co.uk www.trewcare.co.uk

freedom - to live your life the way you want to

With specially selected and trained carers to assist you whether it be a wish for personal, domestic or social care. You choose exactly what you need. We aim to assist you in living life to the full.

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For Individual / Personal Budget Holders we offer:- Employer support, payroll management, personal assistant employment checks, CRB, support planning and personal budget management.

Live-in Care available throughout Cornwall – a real alternative to residential care. All levels of care supervised by a registered nurse.

Extreme measures to raise funds for local charity

Gordon Faddy is the Chair of Enable in Cornwall Ltd, a user led disabled people's organisation based in Bodmin. In September he took the dramatic zip wire ride at Adrenalin Quarry near Menheniot to raise much needed funds.

Gordon said: "After moving to Cornwall from the North East in 1975, I've done my best to play an active part in Cornish charities assisting disabled people. As well as Enable, they have included Mid Cornwall Lifestyles and Churchtown Farm."

The Zip at Adrenalin Quarry is the UK's biggest ever zip wire. Longest at 490m, highest at 50m and fastest at 40mph. Twin parallel wires cross the flooded depths of the old quarry with sheer cliffs rising on either side.

Enable in Cornwall is a registered charity working with people aged 16 and above who have a physical disability and/or sensory impairment and live in Cornwall. The organisation offers free information, advice, guidance and support to assist clients in overcoming barriers they may face in accessing training, education, voluntary work or paid employment. Moreover, the organisation devotes the time and resources necessary to empower disabled citizens to assume active and purposeful roles in their communities. Enable is part of the vision currently transforming Adult Social Care so that 'Putting People First' can become a reality.

"All money raised by my death-defying stunt will be used by Enable to directly support clients throughout the county!" said Gordon. "I'm a wheelchair user and hope my efforts will both raise a considerable amount of new funds for Enable and show disability is no barrier to participating in extreme sports."

If you would like to make a donation, one of the easiest ways is by text. Just text 70070 with 'ENAB15', followed by the amount you wish to donate (either £1 – £5 or £10). For example, if you wish to donate £3, your text should read 'ENAB15£3'. Thank you.

T: 01208 77711

www.enableincornwall.co.uk



All photos by Geoff Squibb

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the word IDEA to 64446 and we
will call you back.**

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www.outsetcornwall.co.uk
for more information.**

Intensive Start-up Support Outset Cornwall

Helping you start a new business
in Cornwall and the Isles of Scilly

Success story



Richard Waring, Liquid Sound Electronics

As a registered Haemophiliac, electronics expert Richard Waring has had a lifetime of medical complications which resulted in numerous hospital admissions and, as a consequence to his condition, chronic arthritis. A college lecturer in electronics, Richard received news in the early 1990s that the new treatment introduced to help him lead a more normal life was contaminated with Hepatitis B and C, and that his prognosis was not great.

In 2001 however, Richard was thrown a lifeline in the shape of a new treatment that would give him a 40% chance of clearing the virus. Thankfully the treatment was successful but chronic side effects meant that Richard could no longer work and was pensioned-off at 43.

Forced retirement had its advantages at first, but soon Richard found that he wanted to get back to doing what he loved. Finally, last year he moved to Cornwall and started converting an old annexe into a workshop for his electronics projects, including the creation of a new range of prototype valve amplifiers.

"A friend inspired me to have a go at setting up my own business and offered to help me. We 'hatched' a plan to try to establish our own new brand of traditionally made, quality valve amplifiers for guitarists – a niche market which is a growing demand in the band industry.

"The Outset programme has been really useful. It enabled me to gain valuable insight into the basics of running my business as well as boosted my confidence in my abilities to make it happen."

Richard's new business, Liquid Sound Electronics, launched in April 2011 and provides repairs to band and hi-fi equipment (including PAT testing, installation advice and set-up). The new valve amplifiers are still in development and testing, but a launch is anticipated for early next year.

"Having taken the plunge to go self-employed, I am finally going back to my roots in my first love of electronics, doing pretty much what I was doing as a teenager – only now with all the years of experience and knowledge behind me. We have had lots of fun on the course, and I have made some really great contacts and my business is already beginning to grow!"

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Photo courtesy of The Tennis Foundation

Bring on the games

January 2012 will be the start of Great Britain's Olympic and Paralympic year. To celebrate this DISCOVER will be looking at some of the Paralympic sports and letting you know where you can go to get involved in them locally

This issue we will be looking at Wheelchair Basketball, Tennis and Rugby. All these sports require the use of a wheelchair although you do not have to be a wheelchair user to get involved in them.

Wheelchair Basketball

The largest and one of the blue ribbon Paralympic sports, with its roots going back to the late 40's. Although initially a rehabilitation and recreational activity for spinal cord injured people, it quickly developed into a competitive sport and today the National Wheelchair Basketball League consists of 65 teams playing in nine divisions.

Wheelchair Basketball embraces a wide range of disabilities including paraplegia, spina bifida, amputees, brittle bones, cerebral palsy and multiple sclerosis.

Virtually everyone who can conceivably play wheelchair basketball is encouraged to do so. There are clubs available for both seniors and juniors in Cornwall.

Wheelchair Tennis

A sport founded in 1976 when Brad Parks first hit a tennis ball from a wheelchair and realised the potential for a new sport.

Still one of the fastest growing wheelchair sports in the world, wheelchair tennis integrates very easily with the regular game since it can be played on any tennis court, with no modifications to the size of the court or the size of rackets or balls.

Wheelchair tennis follows the same rules as regular tennis as endorsed by the International Tennis Federation, with the only exception being, the wheelchair tennis player is allowed two bounces of the ball.

To be eligible to compete, a player must have a medically diagnosed permanent mobility impairment or related physical disability, which must result in a substantial loss of function in one or both lower extremities.

Wheelchair Tennis can now be played in Cornwall and for more details please contact Steve.

For more information on either of these sports, contact Cornwall's Disability Sport Development Officer, Steve Hillman.

T: 07837 311539

E: shillman@cornwall.gov.uk



Photo courtesy of Great Britain wheelchair rugby



Get involved!

Take your pick of the many inclusive sports clubs on offer in Cornwall...

- Sailing**
- Powerchair Football**
- Multi Sport SportsAbility**
- Wheelchair Basketball**
- CycleAbility**
- SurfAbility**
- Boccia**
- Football**
- Fencing**
- Table Tennis**
- Wheelchair Tennis**
- Swimming**



For further info, contact Steve Hillman at the Cornwall Sports Partnership: 07837 311539 / shillman@cornwall.gov.uk

Wheelchair Rugby

This sport is not nicknamed 'Murderball' for nothing, as it's a no-holds-barred contact sport full of speed and physical determination! If you're a wheelchair user with a thirst for action, then maybe it's about time you gave wheelchair rugby a shot!

It's open to men and women irrespective of age and played on a basketball court measuring 28m by 15m, with boundary lines, a centre line, centre circle, and two key areas. Two cones at either end of the court mark out a key area and goal line. A goal is scored when a player carries the ball across the goal line. Games are played over four eight minute quarters and managed by two referees and four officials.

In wheelchair rugby everybody has a vital role to play on the court. This is ensured using a classification system based on muscle function and strength. Classes range from 0.5 to 3.5, and a team of four players must total eight points or less during play.

Wheelchair rugby can be played over the border in Devon. For more details please contact Chris Perkins, Plymouth Albion's Community Rugby Coordinator.

T: 07766 314262
E: chris.cr@homecall.co.uk



Storming ahead

Celtic Storm defeat division champions to win the WFA plate

Cornwall's powerchair football club, Celtic Storm, secured victory in the final of the WFA Plate this summer to bring home the club's first ever national trophy. The competition saw them compete against clubs from all over the country, culminating in a clash with Newcastle-based side Northern Thunder Blues, at the final league event of 2010/2011. The event also saw the team's second place finish in League 1 confirmed.

Many would have seen Celtic Storm as the underdogs, as Northern Thunder Blues had just sealed their first place finish in the Championship, a whole division higher than their opponents, but right from the beginning Storm's players showed no signs of fear. The game was closely fought, with a tense yet goalless first half. The

breakthrough came soon after the break when Storm's Stuart Warner fired in a free kick from the edge of the area which rattled in off the post. Northern Thunder reacted well, piling on the pressure and pinning the Cornish side back in their own half. Goalkeeper Steve Paget and star defender Steve Bird held their nerve far better than the supporters to continually deny the opposition an equalising goal. Northern Thunder threw more and more players into the attack, eventually overstretching themselves with six minutes to go, allowing Warner a clear run at an empty goal to pick up his second of the match after Mark Stevens successfully cleared a corner kick, sealing victory and silverware for Cornwall.

Storm's Chris Kellett summed up the reaction after the game, saying, "To actually win a trophy for all the hard work is a really great feeling. It's what we train for every week and it means so much to have everything pay off in this way. This is definitely the highlight of my time at the club so far, to win such a big national competition is phenomenal and I just hope we can push on to make a habit of it!"

The trophy was collected in the presence of the 20 teams who currently comprise the fast-expanding National League. Competition is likely to be even hotter next season, with a new league system to accommodate more teams, and veterans of November's World Cup

in Paris, pushing the standard of the national game to a new level. Storm's continued presence in the Premiership division is a source of pride for the county, but will have to be defended even more fiercely next season!

Success on the pitch however, is only half the story. The financial strain of transporting and accommodating a full squad of players with all the necessary equipment to each league weekend has taken its toll. Thanks to the hard work of Steve Bird and Steve Paget, the club has now acquired a minibus from the Duchy Health Charity, a long-term goal which will now make it easier for players to attend the competitive events they work so hard towards.

Yet despite this success and the hours of dedication it represents, the club has still been forced to withdraw its second team from the league, which had competed in the last three seasons, even in the face of rising membership. The cost for a Cornish side competing on a national level leads to a constant struggle, requiring much more than the army of willing volunteers the club can boast, to succeed. Looking ahead to the new season, one can only hope Celtic Storm will enjoy more victories like those with which it ended the previous one, but on both fronts the fight is far from over.



Cornwall Football Association



Play Football in Cornwall
Male, Female, Adult or Youth
YOU CAN PLAY!!



Schools, Colleges or Clubs

There's football for you



For further details and to register your interest please contact Warren Parker Cornwall FA
Disability Football Development Officer, on 01208 262986 or email
warren.parker@cornwallfa.com



Jonathan Fox

is one of Great Britain's leading Paralympic swimmers, currently holding four world records and winner of three gold medals and one silver at this year's European Championships. Originally from St Stephen, Jonathan, 20, now lives in Manchester to take advantage of the high-performance facilities, but here talks to DISCOVER about his training regime as London 2012 draws ever closer.

Q How often are you training at the moment and when are your sessions?

A I'm training six days per week with double sessions on the Mondays, Tuesdays and Fridays. I have the Sundays off!

Q How long are you training for, what's the length of each session?

A I train 18 hours per week and each session is 2 hours. I also do strength and conditioning which is gym work three times per week at the English Institute of Sport based in Manchester.

Q How many meters are you doing each week?

A It varies but on average 36,000 meters

Q Can you give us a brief description of what you do during a typical training session?

A: Aerobic development skill and drills, sculling and kick. I also use equipment such as a snorkel, hand and finger paddles, pull bouy and a float and fins.

Q Will you be competing between now and the Paralympics and where?

A In November I will be at the Disability Short Course in Sheffield, but the two big competitions are in 2012 at the new London Aquatic Centre in March and in April, Sheffield, these are the trials. You have to qualify at one of these competitions to compete at the London Paralympics.

Q With training so hard you must have to eat like a horse, what are you eating and what's your daily calorie intake?

A My diet is very important and I have to be quite strict. Lots of fresh food, just being sensible really. I eat things like pasta wraps filled with chicken and vegetables or salad, rice with prawns and good old cereal and milk.

Q What do you like to do to chill out?

A Sleep is very important, but being a complete petrolhead my main love is to drive as I find it relaxing.

Q If you could be at the top of any other sport what would it be and why?

A I would love to be a rally driver. Back in July I was given the chance to drive a Lamborghini, it was fantastic.

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Personal Budgets Support Service

If you receive a social care service from Cornwall Council you now have the choice to receive it as a personal budget which you can manage yourself. In addition to ensuring your personal care needs are met, the budget can be used for you to engage with lifestyle and social opportunities. At Disability Cornwall we believe this is a great opportunity for more choice and control over all aspects of your life.



Our friendly team provide a range of either free or affordable professional services to support you, should you choose to manage your own budget.

- ◆ Information, advice & support
- ◆ Payroll
- ◆ Employer Support
- ◆ Managed Accounts
- ◆ Information Events
- ◆ Information pack



WE NEED PERSONAL ASSISTANTS!

We know that one of the most important aspects of managing your own personal budget is being able to find suitable PA's. We are therefore developing an online site for disabled people and PA's to find each other. The site will perform a series of matches and provide a shortlist of potential candidates. We hope to launch this new and much needed service in January 2012. In the meantime, please register with us if you are a personal assistant looking for work or if you are interested in this career choice. We will take your details and notify you when our site is ready.

**Our professional and friendly service is open Monday to Friday 9am to 5pm.
Contact Sharon on T: 01736 756655 or E: sharon@disabilitycornwall.org.uk**

Since when did bankers greed lead to cuts in services for disabled people?

Just like our Disability IT Girl, DISCOVER is delighted to welcome another contributor fronted by their avatar. Here Uncle Albert uses the benefit of his age to question whether our government debt really is the highest it has ever been

We live in a society ruled by greed. Our capital, London, is now by some measures the most unequal city in the developed world, where the wealth of the richest 10% has risen to 273 times that of the poorest. Recently the government has decided to bail out some of the banks and this has increased the UK public sector net debt at November 2010 to £863 billion. This, we are told is the highest debt ever, but if it's looked at as a percentage of the country's gross domestic product (GDP) it's 58%. In 1948 the debt stood at 180% and the government of the time still managed to create the welfare state!

The National Assistant Act, very important to all disabled people, was passed the same year, making the state responsible for the welfare of disabled adults as opposed to the person's family. Section 29 of this act gave local authorities the power to make arrangements for promoting the welfare of disabled people. Under section 1 of the Chronically Sick and Disabled Persons Act of 1970, there is a duty on the local authority to make arrangements in order to meet the needs of disabled people in their area. Under section 2, a duty is owed to the disabled person individually. The assessment of needs is the legal base of the services a disabled person receives, which is why the community care assessment is so important and why one must ensure it covers all of one's needs.

I've yet to be told how the banks being greedy lead to cuts in services for disabled people? The question is not about some economic theory, but a moral question. People who are born with disabilities, or have a disabled child, are far more likely to live in



poverty than those who don't. Yet it's these people who are being targeted by Cornwall Council with a 40% cut to the Supporting People grant and a 20% cut to domiciliary care providers. It's unfair, immoral and may be unlawful.

The 20% cut has meant driving down the amount paid to carers of disabled people to on or around the minimum wage, sending out a clear message that disabled people and their carers are not valued by Cornwall Council. Caring for disabled people requires people with special skills that should be rewarded. A good wage with a career path in caring. The result of this cut will be to increase the risk of abuse to disabled people.

There is one group this hits more than any other, those people who were abused as part of the Budock hospital scandal. They were resettled and then hit by the Directorate of Adult Care and Support (DACS) who assessed them for charging, resulting in small amounts to pay. But this wasn't good enough and amounts of £60 to £80 were then applied. The council were challenged in court (the Mr. B case in 2009). DACS lost and the charge was ruled unlawful. DACS appealed and lost again, more money wasted. They were told by the Judge to consult with carers. The arguments over disability related expenses continued and in April this year Cornwall Council stopped charging against disability benefits, but then cut the domiciliary care providers by 20%.

Is it me or do they seem determined to take money away from disabled people and their carers one way or another?

Just the way you are

Savannah's different from everyone else, but she tastes, feeds, listens and smells. She always has a huge smile on her face, and she could bounce around all night and day! Everyone loves her to bits and gets scared when she has her horrible fits.

I love her the most i bet but I'm not sure she understands that yet. We're so proud of how you've come so far, Savannah you're amazing just the way you are.

by **Chelsi Nicholls (Savannah's sister) aged 9**

INDEPENDENT LIVING

'Build me a world
Where I can be free,
Where I can be safe from exploitation,
Build me a world,
Where I can work,
I need my independence
Build me a world
With specially trained people
Who understand my needs,
Build me a world
Where I can feel secure
I'm sure I have that right,
Build me a world
Please build me a world
Don't force me into yours'.

By **Beryl Drummond**

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Monkey Tree Holiday Park
Newquay**

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www.monkeytreeholidaypark.co.uk

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To enquire about availability and book the caravan contact
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E: info@disabilitycornwall.org.uk

Charity no: 1140925 Company no: 7436153

INVESTORS
IN PEOPLE | Silver



DISCOVER DIRECTORY

ADVICE AND SUPPORT ORGANISATIONS

Action for Blind People	01392 458060
Adaction (formerly Drug & Alcohol Agency)	01872 263001
Age UK Cornwall	01872 266388
Alcoholics Anonymous (24 hours)	0845 7697555
Arthritis Care	0808 8004050
Asphasia Connect Cornwall	01209 716501
Benefits Enquiry Line	0800 882200
British Polio Fellowship	0800 0180586
British Red Cross	01872 272878
Citizens Advice Bureaux Cornwall	0844 4994188
Charcot Marie Tooth Disease	01566 86818
Consumer Direct	0845 4040506
Cornwall Advocacy Service	01872 242478
Cornwall Blind Association (Sight Centre)	01872 261110
Cornwall Deaf Association Tel/Fax	01872 225868
Text	01872 263664
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 Helpline	01726 76100
DIAL Cornwall	01736 759500
Direct Payments Scheme	01872 324357
Disability Cornwall	01736 756655
Eating Disorder Association	01726 884432
Enable in Cornwall Ltd (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	01822 835974
ICAS (Independent Complaints Advocacy Service)	01579 345193
Learning Disability helpline	0808 8081111
MESH (ME Support & Help)	01209 217271

Mid-Cornwall Lifestyles	01208 79911
Motor Neurone Disease Association	01872 560282
MS Therapy Centre, The Merlin Project	01726 885530
Multiple Sclerosis Society	0808 8008000
National Autistic Society (West Cornwall Local Support Branch)	07901 103351
National Osteoporosis Society Helpline	0845 1303076
Parkinsons Disease Society Helpline	0808 8000303
Relate – Relationship Counselling	01726 74128
Sexual Health Service	01872 358750
Shelter	08445 152300
Shine (formerly Asbah)	01726 861062
SSAFA Forces Help	01872 863078
St John Ambulance Cornwall	01726 815967
St Petrocs Society	01872 264153
Stroke Association	01392 447362
YMCA Penzance	01736 365016
YWCA – Truro Young Women's Centre	01872 263112

CARERS

Cornwall Carers Service Helpline (8am–6pm Mon–Fri and an out of hours answerphone)	01872 266383
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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
Samaritans Cornwall	01872 277277
Victim Support	0845 0567999
West Cornwall Women's Aid	01736 367539
Women's Domestic Violence Network	01208 79992

DISCOVER DIRECTORY

HEALTH

Community Health Services PALS	01326 435885
Cornwall & Isles of Scilly Primary Care Trust (main switchboard)	0845 1708000
CIOSPCT Patient Advice & Liaison Service (PALS)	01726 627800
Cornwall Partnership NHS Foundation Trust (CFT)	01726 291000
CFT PALS/Customer Support	01726 291109
CFT out of hours	01208 251300
Dental Care Emergency Service	01872 354375
Derriford Hospital	0845 1558155
Derriford PALS	01752 435204
Disablement Services Centre	0845 1558071
GP Out of Hours Service	0845 2000227
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

Bufferzone	07929 867264
Cornwall Mental Health Project	01872 243532
Kernow Mind Partnership	
Carrick	01872 222469
Newquay	01637 871063
Plymouth & District	01752 254004
West Cornwall	01209 714550
Nightlink (between 5pm-midnight)	0808 8000306
Rethink Mental Illness	01208 815676
Rural Community Link Project (promoting mental health)	01726 821858

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 (free from landlines only)	0800 9755111
Contact A Family	0808 8083555
Cornwall SHARE (information /advice /counseling 13 –25yrs)	0800 181033
Disabled Parents Network	0300 3300639
Face2Face	0844 8009250
NSPCC Child Protection Helpline	0808 8005000
Parent Partnership Service	01736 751921
Special Parenting Service	01872 358713
Young People Cornwall & Hear Our Voice (EEFO)	01872 261989

TAXIS (with good accessibility provision)

A2B	08001695473
Ansom Cabs	01208 72207
Bodmin Taxi Service	01208 73000
Caradon Cabs	01579 340007
Hayle Taxis	01736 753000
L & R Cars	01736 800414
Richard Wilson Transport	01726 883460
Summerville Travel	01726 861108
Travel 4,000	01209 719961

VOLUNTEERS & VOLUNTEER TRANSPORT

Age UK Cornwall 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 832763
Women's Royal Voluntary Service	0845 6014670

Join Disability Cornwall for free and DISCOVER more

The easiest way to ensure you receive free copies of DISCOVER delivered to your door is to become a member. This is just one of the benefits of membership which is free for disabled people and their carers living within the county.

For organisations the cost is £25 with an annual renewal fee of £17.50. Tick here for associate membership (please complete correspondence details only and enclose a cheque or make a BACS payment).

Name:

Organisation:

Address:

.....

Post code:

Tel No:

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Where did you obtain this copy of DISCOVER?

.....

giftaid it

If you are a UK tax payer your gift is eligible for Gift Aid which is worth an extra 28p for every pound!

I am a UK tax payer and I would like Disability Cornwall & Isles of Scilly Ltd to claim Gift Aid on my donations unless I notify you otherwise. I confirm that I pay income or capital gains tax at least equal to the amount claimed as Gift Aid in the tax year.

Signed

Date

As a user led organisation 51% of our membership must have an impairment or health condition. Learning the needs of members helps us ensure we cover relevant information in DISCOVER, therefore please tick the types of impairment you have.

- Learning difficulty Mental health issues
 Physical impairment Sensory impairment
 Other

Please explain and/or state the nature of your impairment or illness

We are recruiting disabled people who are available via email to give us feedback on issues of concern, called the DC100. Obtaining your views helps us ensure we act in a truly representative way. Would you be interested in joining the DC100?

Yes

Occasionally other organisations offer to support us by mailing DISCOVER to some of our members which significantly reduces cost to the charity. Therefore we may give them an envelope with your address on it.

If you do not wish us to do this tick here

I would like to make a donation to support your charity and your work.

I enclose a cheque made payable to Disability Cornwall for £ _____

I would like to setup a regular donation by standing order:

£10 £20 other £ _____

monthly annually

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.

CAF Bank (Charities Aid Foundation)

Account Name: Disability Cornwall

Account No: 00082346

Sort code: 40-52-40

DISCOVER SUPPORTERS & SPONSORS

In the 2001 census there were 106,000 disabled people in Cornwall, approximately 20% of the population (Census 2001)

DIAL received almost 2,600 enquiries during the first nine months of 2011

There are approximately 9 million people who are Deaf or hard of hearing in the UK (RNID)

The poverty rate for disabled adults in the UK is twice that of non disabled adults (Employers Forum on Disability)



From Jan - Sept 2011 DIAL raised over £173,000 for people entitled to benefits and saw 150 clients at outreach venues in Cornwall

DISCOVER is the voice of disabled people in Cornwall and distributed throughout the county

Only 17% of disabled people were born with their impairment or illness (Papworth Trust)

In March 2008, 156,000 people were registered blind or partially sighted (Blind & Partially Sighted Registrations March 2008)

The Warehouse Conference Suite



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£120 per day