

Issue 14 – Spring 2012

DISCOVER

FREE

disability aware lifestyle
magazine for Cornwall
and Isles of Scilly



**Falklands veteran Simon Weston OBE
speaks to DISCOVER**

**Top chefs contribute to
St Austell man's book**

**David Cameron welcomes
local families to a party at No. 10**

At last a Personal Assistant register for Cornwall

DISCOVER magazine is published by



A disabled people's representative organisation

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www.disabilitycornwall.org.uk

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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.co.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.

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Front cover

Disabled People Against Cuts & UK Uncut protest against The Welfare Reform Bill in central London, January 2012.



DISCOVER magazine is designed and printed by **Headland Printers**, Penzance, Cornwall.

T: 01736 364694

www.headlandprinters.co.uk



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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.

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 one stop shops, libraries and some leisure & tourist attractions.

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You can now make a donation to Disability Cornwall by text. There will be no network charges for doing this, so every penny you donate goes straight to the charity.

Gift Aid can also be added to your donations.

To make a donation simply type ADUS12 followed by the amount you want to give (£1, £5, £10 etc) and text it to 70070.

Every donation, no matter how small, is greatly appreciated. Thank you.

Use everyclick as your search engine and nominate Disability Cornwall as your chosen charity. They will make a donation to us each time you search.

www.everyclick.co.uk



Use Recycle for Charity to dispose of your old ink cartridges and mobile phones. Alternatively, you can send them to us and we will dispose of them for you.

www.recycle4charity.co.uk



Visit our website

In our site you will find 'My Place,' a truly groundbreaking, 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 Place 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

Will 2012 mean the end of the world as some predict or just the beginning of a new world where we no longer tolerate injustice, standing together in the quest for a brighter future? Tough times demand tough responses and as disabled people, we are increasingly doing it for ourselves, as evidenced by the numbers who came out in force in London to protest against the cuts to services, and the amount of signatories a letter to the government accrued attempting to save the Independent Living Fund. Are the cuts a necessary evil or are disabled people the unfair target of an unfair government?

From activists to Active8, a group of high-flyers who are sky-diving their way to increased confidence, skills and opportunities. Yet for some (Falling on Deaf Ears) there seems to be no safety net in sight as many deaf people continue to face the double whammy of feeling cut off from society and from services too.



You can help raise money for Disability Cornwall whenever you shop online.

It's very simple - just visit www.easyfundraising.org.uk/ to register and shop with over 2,000 well known retailers like Amazon, Argos, M&S, eBay and many more. Whenever you buy something, the retailer makes a donation to us. They've helped other causes raise over £2m so it really does work.

It won't cost you a penny extra to shop through easyfundraising and you can even save money with special offers and voucher codes.

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T: 01736 756655

E: discover@disabilitycornwall.org.uk

As ever we try to bring you a potent mix to challenge and entertain in equal measure and we've got it covered in this issue. When presented with the chance to interview the awe-inspiring Simon Weston, DISCOVER jumped at the opportunity to hear his unique take on life and attitude to disability. With summer just over the horizon, many of us will be dreaming of a week by a cool pool, cocktail in one hand, sun cream in the other. Read how Richard Harris's idea of a holiday took him overland in a camper van to the heart of Africa, where he gained a profound respect for the people making a difference in often unimaginable conditions. From forays to food, we hope you find something in these pages to educate and entertain.

But please remember the words of Richard Harris: "Life's lightning strikes randomly and there is responsibility incumbent on all of us to ensure we help to control the fires it starts." Let's make 2012 a year to remember for all the right reasons.

The DISCOVER team

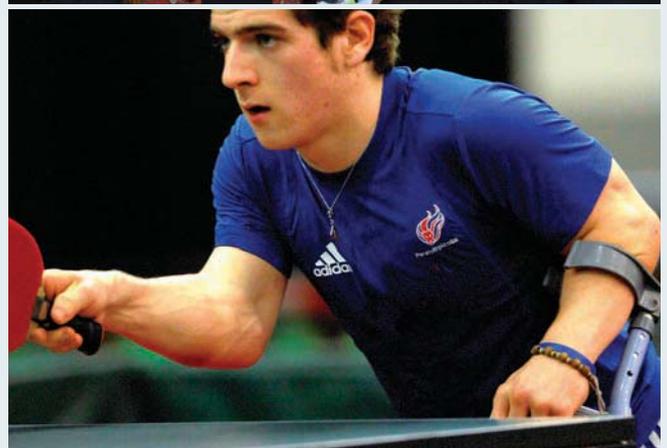
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Do you have any unused mobility aids or equipment such as:

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- Walking Frames
- Bath boards

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Contact details

Please quote 'discover magazine'.

Telephone: 01208 269 716

Email: adultcareandsupport@cornwall.gov.uk

Collection can be arranged within two weeks.

Alternatively, you can drop items off at your local hospital.

Please no wheelchairs.


Cornwall and Isles of Scilly



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Disabled People Against Cuts



The protesters say the Welfare Reform Bill is unfair, unnecessary and unpopular and are calling for it to be scrapped. They claim:

500,000 families stand to lose their homes while others will become imprisoned in them

People with terminal illnesses will be forced into work and 3.2 million people will be put through demanding tests which have already pushed some to take their own lives

Nearly half a million people may lose their Disability Living Allowance including disabled children



Bill lying down. We will continue to work together to fight the bullying behaviour of the government, which is choosing to make marginalised people's lives a misery while continuing to let rich companies dodge £25bn of tax each year."

While wheelchair users were locking themselves into place in the road, a crowd of about 200 people were making their way to join them. Some people had travelled from as far as Manchester, Cornwall and Edinburgh to take part in the action, which was called by disabled activists and others directly affected by the bill.

The government has defended the bill on the grounds it needs to cut the national deficit however, the protesters point out that much greater amounts of money are lost through tax evasion by the super-rich each year. In January, the well known satirical magazine, Private Eye, revealed a £2 billion tax dodge by Vodafone, greater than the cuts to Disability Living Allowance, which will affect half a million people.

www.ukuncut.org.uk
www.dpac.uk.net/

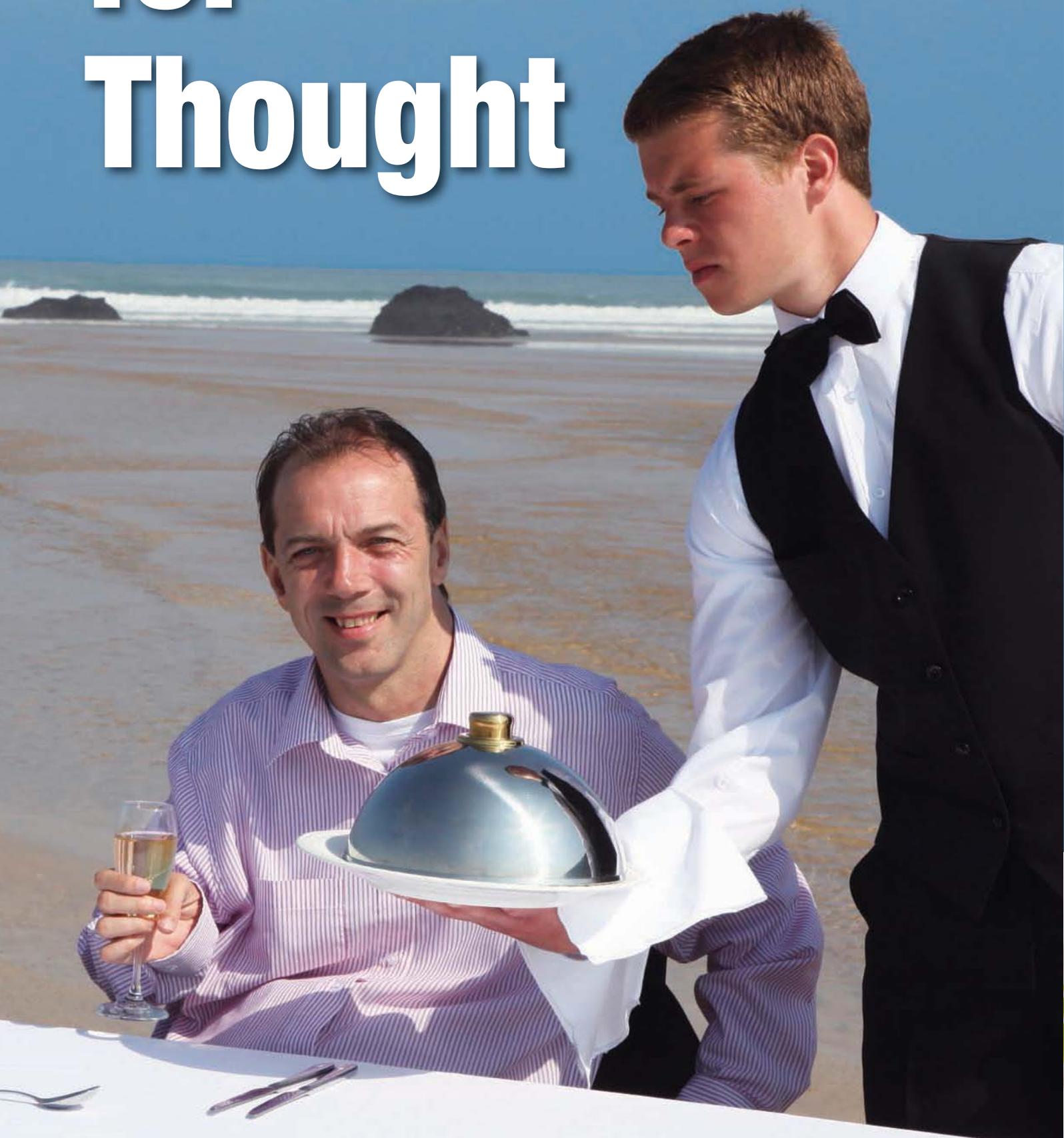
A group of over 200 people hit the national news headlines on 28 January when they blocked Oxford Circus and brought the surrounding area to a complete standstill, as a direct protest against the Welfare Reform Bill. 20 wheelchair users from Disabled People Against Cuts chained themselves together in the middle of Regent Street using handcuffs and bicycle locks. They were joined by many others who responded to a call by UK Uncut to 'shame the government into withdrawing the bill completely'.

One of the protesters, Alex Logan, said: "The day has been an amazing success. Together we have shown we are not going to take the cruel Welfare Reform



Photos courtesy of Pete Riches via Flickr

Food for Thought



When 21-year-old David Croft went for a dive while working as a chef on the island of Bermuda, he had no idea it would change his life forever. "I checked the depth of the water" David said, "It was about six feet and so I thought it would be safe to dive from the same height. I hit the sea bed with an almighty bang and was left floating motionless in the water."

Face down in the water and unable to move, David was fortunate his friends quickly realised he was in trouble. He had broken his neck and was paralysed from the shoulders down, all on the very day he had learnt of his selection to compete in the 1980 world karate championships and inaugural world games. It was probably being a 2nd Dan karate black belt that ultimately saved his life when, in the hospital a few days later, a stress ulcer was diagnosed and he was put on a ventilator and thought unlikely to survive the next 48 hours. His high level of fitness pulled him through, although he had to spend six weeks in intensive care before being flown back to England for rehabilitation at Stoke Mandeville Hospital.

David, who lives near St Austell and had previously worked at the Savoy and Churchill hotels in London, tells his life story in 'Food for Thought'. The book documents the highs and lows of his life, often humorously, and has a recipe section at the back to which some of the best chefs in Britain have contributed. Gary Rhodes, Marco Pierre White, Gino D'Acampo and Gordon Ramsay among others, have added their delicious recipes, accompanied by mouth-watering pictures.

"I'm grateful to all the Disability Cornwall members who responded to my initial questionnaire, which helped give guidance to chefs and others for the book," David told DISCOVER. "I'm really pleased Food for Thought is being featured in the magazine because although my book highlights the difficulties of eating out and various other access problems, it's organisations like Disability Cornwall that try to improve such problems. Good access is so vital for disabled people, especially in a county like Cornwall."

Food for Thought shows how, in the face of adversity, David rebuilt his life in a way he never thought possible. In the Dinner Party section of the book he also highlights the achievements of 10 other sporting tetraplegics, some of whom lead remarkable lives despite being paralysed,

with each choosing their ideal guests for a dinner party.

David's book will also raise awareness in the hospitality industry about catering for disabled diners leading up to the 2012 Olympics and into the future. Ticky Donovan OBE, 9th Dan, wrote a foreword for the book and celebrity chef Brian Turner CBE provides an afterword.

On his motivation to publish Food for Thought, David said: "I wished to show others that despite suffering a spinal injury, a good life can still be achieved if you have the right care and support. Likewise, I wanted to highlight the achievements of other sporting tetraplegics, some of whom lead incredible lives despite being paralysed. In turn, I wanted to help two charities (Hospitality Action & Regain) while educating chefs and others on the best ways to cater for disabled people in the future."

Food for Thought is now available from the following outlets:

Bodmin	Mid-Cornwall Lifestyles Bodmin Business Centre
Hayle	Disability Cornwall, Guildford Rd Industrial Estate
Newquay	Inspirational Interiors (Opposite Aldi) Smile Surf Shop, Fore St
Padstow	Paul Ainsworth's No.6 Restaurant
St Austell	Brewery Visitor Centre Trevarthian Rd Cloisters Restaurant Cornwall College
Truro	Cornwall Mobility Centre Treliske Hospital

If you take along a copy of DISCOVER, you can purchase David's book at the specially reduced price of £10. Alternatively it can be bought via major booksellers or from David's own website.

www.davidcroft.info



Cornwall celebrates volunteering

Photo courtesy of Camera Craft Photography Truro



Left to right: Armand Toms of Cornwall Council, award sponsor, Chris, Lord Lieutenant of Cornwall Colonel Edward Bolitho, award presenter & Cynthia Downing

Christopher Jordan is a Carn Brea Parish Councillor who was first elected onto the council in 2003. Four years later he became involved with Cornwall People First, a charity for people with learning difficulties and was elected onto its trustee board as treasurer. "I make sure the accounts are done on time," Chris said.

He continued, "I attend lots of events promoting the Cornwall People First to everyone all over the county, speaking at conferences and to the press and radio. I was also involved in developing the Safe Places Scheme in Cornwall on behalf of the charity, along with our partners in the scheme. In 2010 I was elected onto the trustee board for Disability Cornwall because of my skills and experience."

Last year, the Project Manager at Cornwall People First, Selina Williamson, nominated Chris for the Cornwall Celebrates Volunteering Awards, organised by Volunteer Cornwall, and he reached the final three in his category. Chris attended the award ceremony at the Falmouth Hotel, with two guests, Selina and Suzy Tucker, who also works at Cornwall People First. Chris was Highly Commended in his category, along with Cynthia Downing for her work at Launceston Memory Cafe.

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Cornwall Carers Service

A partnership between Cornwall Rural Community Council, Age UK Cornwall, Carers Rights & Disability Cornwall, hosting a range of support services to deliver information and guidance to the estimated 55,000 carers across the county

A carer can be anyone and of any age who provides unpaid support to someone who could not manage without this help. It could involve caring for a relative, partner or friend who is ill, frail, disabled, or has a mental health impairment or substance misuse issues.

Many feel they are doing what anyone else would do in the same situation if looking after their mother, son, or best friend etc. They don't choose to become carers, it just happens and they have to get on with it. Carers are the largest source of care and support in each area of the UK and it's in everyone's interest they are supported.

Helpline

With just a call to the helpline, dedicated support can be offered. Staff can arrange for a Carer Support Worker to contact and visit you at your home if you wish. The Helpline is open Monday to Friday from 8am to 6pm.
T: 01872 266383

Website

Hosts a range of useful information and links and we endeavour to develop and update this new resource as frequently as possible.

www.cornwallcarers.org.uk

Carer Support Workers

Will provide more in depth support and can carry out home visits to provide carers with information, guidance on benefit entitlements, assistance with form filling and help to identify and access a range of services. Some have particular skills and expertise in areas such as dementia and mental health.

Forums

These meetings offer opportunities for carers to come together, share information and highlight concerns they

may have. Where appropriate, the forums can feed back relevant information and issues to the Carers Partnership Board among others if carers request it. Please visit the website for dates and locations of forthcoming forums or call the helpline if you don't have internet access.

Carers news

Our magazine is a 20 page publication in full colour containing a balanced blend of news, information and articles of interest. 5,000 copies are produced and distributed three times per year. If you are on the carers' register you will receive a copy direct to your door, if not, they are available at GP surgeries, NHS dental practices, community hospitals, libraries, Cornwall Council's One Stop Shops and social care offices. Alternatively, you can call us for a copy or read it on the website. We welcome your articles, poems, letters and pictures and please see the address in Carers News for where to send them.

Carers Continuing Support Service

We provide on-going support for carers to ensure they feel supported beyond their caring role. Carers can be referred if at such time they no longer have caring responsibilities and require assistance to adjust to their new circumstances. The service provides a listening ear and practical assistance with housing, equipment, training, education and welfare benefits. In addition, we can assist with information regarding access to leisure activities and social opportunities to support a full re-engagement with the local community.

Training

When possible, we provide training opportunities, sometimes in partnership with other organisations. Please keep an eye on the website to stay updated or call the helpline.

We're here to make life better for you, but to do that, your feedback is vital. The Cornwall Carers Service is just a year old and we need to hear to from you about what is working well and what isn't. We have a simple tick box form available on the website, or you can call us for a hard copy. It's only with your input that we can shape and improve our services for you.



**cornwall
carers
service**

*a partnership between Cornwall Rural Community Council,
Age UK Cornwall, Carers Rights and Disability Cornwall*



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Personal Assistant Register & Employer Support

A facility for employers to find PA's within our website. Simply register, complete a questionnaire on your requirements in a PA and it will present you with a shortlist of PA's who match your requirements. This facility also hosts a range of resource guides and templates which you can download to support you in your role as an employer, such as; invitation to interview and job offer letters, employment contracts and tables to calculate holiday entitlement, in addition to a variety of good practice information.

Contact us Monday to Friday 9am to 5pm. Tel: 01736 756655

Email: sharon@disabilitycornwall.org.uk

www.disabilitycornwall.org.uk



Finding a PA made easy

Disability Cornwall has launched a brand new resource to enable disabled people to independently find Personal Assistants. The PA Register, which sits within the Disability Cornwall website, provides the opportunity to complete a simple tick box check list on your requirements in a PA, such as geographical area, experience and qualifications, what kind of tasks you require them to undertake and working arrangements both days and hours. A search will then present you with a shortlist of suitable PA's who match your requirements and you can then message them direct to chat further and arrange interviews.

As a new facility, the choice of PA's will be limited initially and will take time to build, however, we are working with Job Centre Plus and Truro & Penwith College to signpost people looking for this type of employment direct to the register. Personal Assistants looking for work will create a profile on themselves and complete a similar tick box form to enable the register to identify suitable matches, in addition to uploading their CV and photo should they wish.

We know from clients who are personal budget holders that one of the biggest issues is actually becoming an employer and the legal responsibilities which go with it, so we have addressed this within our facility. Subscription not only gives you access to the register, but also a list of employer support resource guides to assist you in your role. There are a range of templates which you can download and use, such as an invitation to interview and job offer letters, employment contracts and tables which enable you to calculate your PA's holiday entitlement. In addition, we have good practice information you should be aware of, such as how to deal with disciplinary processes and grievances should they arise.

Once subscribed, your membership will give you unlimited access for one year, so you can log back in and visit the employer support resource guides and search again for PA's as and when you need to.

It costs £34.99 to subscribe for the first year and only £24.99 to renew annually, for people looking for PA's, which goes towards helping us maintain the register and to ensure we continually update the resource guides to bring you the most up to date information. This will not only save you time, but also the cost of advertising and of course you will receive more hours in PA support should you hire your own PA as opposed to buying one in from an agency.

When you complete your Support Plan, let your case co-ordinator know you wish to use the PA Register and they can factor it into your budget as a 'one off cost' to ensure you have extra funds to pay for this.

You don't have to be a personal budget holder to use our register, many people self fund their own care. If you are looking for a PA and require information on being an employer, this is also for you.

This facility complements Disability Cornwall's Personal Budget Support Services, as we can provide you with a payroll service to enable you to pay your employees and HMRC, or if you prefer, we can also offer a managed account, where we make all budget related payments on your behalf.

Visit our website and click on PA Register. Should you wish to use our facility but do not have internet access, call and we will arrange to complete the process for you. You can message us through the website should you have any queries about using the register.

T: 01736 756655
www.disabilitycornwall.org.uk



People power pushing to save the ILF

*To Maria Miller MP
Government Minister for Disabled People*

Dear Minister,

Thousands of disabled people rely on funding from the Independent Living Fund (ILF) to enable them to live independently with choice and control over their lives. ILF users have been left shocked and extremely anxious since it was announced in 2010 that it would be closed in 2015. Already closed to new applicants since May 2010, this decision was taken with no evidence of an equality impact assessment having taken place nor any consultation carried out with current and potential beneficiaries of the fund.

The ILF is a ring-fenced resource for a priority group of disabled people with high support needs. It can provide a better lifestyle and outcomes for service users whose full needs would not be met by local authority funding. Local Authorities have had their resources severely reduced and therefore now only provide basic personal care. Without this extra funding, ILF user's only options will be placement in residential care or more responsibilities being placed on already over-stretched family carers, if the disabled person is lucky enough to have any family support in the first place. Either option will have huge cost implications, as residential care costs far more than assisting a disabled person to stay in the community and family carers would have to leave employment and manage on very low Carers Allowance and other benefits.

Since 2010 you have assured users would be consulted on this issue, initially in 2010, then early 2011, but as users of the ILF fund we have been ignored, and you issued a speedy statement (5 December 2011) saying that ILF will be discussed in Spring 2012 in context of the reform of the Care and Support system. Leaving severely disabled people in such anxiety over their lives is violating our human rights to be involved in decisions that may affect us and indicates a total ignorance of how important this funding is for disabled people to live with some quality of life.

The United Nations Convention on the Rights of Persons with Disabilities and in particular Article 19: 'Living independently and being included in the community', states, disabled people have a right to live in the community with the support they need and make choices like other people do.

Countries like the UK, who agree to the rights, have to make this happen. One of the things they must do is to ensure disabled people receive the help they need to live in the community, such as personal assistance for example. Article 4 states the general obligation on government is to consult with disabled people before, not after, decisions or policies are changed.

In addition, the United Nations International Covenant on Economic, Social and Cultural Rights states we have the right to enjoy the highest attainable standard of physical and mental health and the right to an adequate standard of living. The UK has a duty to work progressively, to the maximum extent of its available resources, to deliver these rights even in a period of economic downturn.

We have heard ministers state that funding disabled people is 'unsustainable' yet we see millions of pounds found to fund whatever programs the government finds politically appropriate, so why not severely disabled people? We ask the government to continue to provide care and support for people with the most complex needs via the ILF. It must be retained and reopened to new applicants with adequate funding.

It should not be restricted to only those in employment, as this means people who cannot sustain paid work, but can contribute to society in others ways, will be unable to participate in their communities. The funding must not be given to local authorities, as it is meant to meet the needs of severely disabled people, which means there may be more in one region compared to another. Also, the local authority will use the funding as they wish, it will not be ring fenced, and we suspect it will not be directed appropriately for the particular disabled people it is meant for.

We wish to have input into the design of the consultation process and assurances the 23,000 already in receipt of ILF will be assured of continued funding.

We, the undersigned, believe this arbitrary decision to close the ILF without assessing the impact this will have on current and potential users, and without consultation, violates the human rights of disabled people who depend on the ILF to live.

This an edited version of a letter sent to government minister, Maria Miller on 13 February protesting at the proposed complete closure of the Independent Living Fund. The letter was signed by 47 people who use ILF, 14 parents of ILF users, 261 other disabled people, 40 carers or personal assistants, 70 disability organisations, 8 European or international disability organisations or professionals and 63 other people including doctors and MPs.

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Welcome to My Place!



My Place is a truly ground-breaking, free, interactive facility available to you on the Disability Cornwall website. We have started mapping Cornwall, profiling the places that are fully accessible for disabled people, both locals and visitors. My Place currently features around 130 listings including family attractions, beaches, pubs and restaurants, accessible toilets and changing places, leisure centres, holiday parks and art galleries. We are now working on mapping all accessible public services such as hospitals and dental practices.

The concept of My Place is very simple, and based on the fact the people who really know about good access in the widest sense of the word are disabled people.

There are two ways to use My Place. Firstly, you can simply have a look at it and search for places you would like to go to, such as a restaurant, a pub, a country walk, a visit to a cinema and so on. Every place can be searched for in a number of ways, such as searching for 'pubs', 'restaurants', or by typing in the town you wish to go to, or alternatively, searching by access features to specify 'wheelchair access', etc.

Secondly, you can start adding your own listings into My Place and share your knowledge of accessible places you like to visit. You will need to register first, choose 'add listing' and in the box provided start uploading details of your favourite places which you know are accessible to you - don't forget to tick what your access need is. Tell us about the places you go to with your friends and family, which ones are truly accessible and where you find the staff friendly and welcoming.

It really is that simple and yet could be so ground-breaking! Imagine if we had good and reliable information written by local disabled people about the places we know and trust. We would all then be able to visit new places in the county with confidence, safe in the knowledge that when we get to wherever we're going, we'll be able to get in!

Future plans include mapping accessible places around the whole country and creating a mobile app so you can access this facility on your phone.

You will find the link to My Place near the bottom of the left column of our website. www.disabilitycornwall.org.uk



Farewell to founding father of disability rights movement

In November last year the disability movement paid tribute to Victor Berel Finkelstein, disability activist and scholar, who died aged 73.

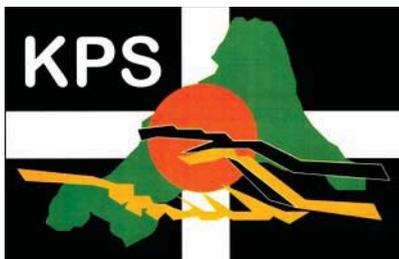
Vic grew up in South Africa where a sporting accident resulted in him breaking his neck. He later said of this event: "When I went pole-vaulting at Durban high school in 1954, I left behind one destiny and moved instead 'forward to square one' and began living another, more fulfilling, more rewarding and more human lifestyle than I could ever have predicted."

He soon became involved with the anti-apartheid movement and was subsequently imprisoned for his activities in the 1960s. Following a spell of hard labour, he received a five year banning order and came to the UK as a refugee and joined the emergent British disability movement.

Vic cited his treatment by South African police as a disabled person as experiences that initiated new ways of thinking about society and its oppression of disabled people. He co-founded the Union of the Physically Impaired Against Segregation (UPIAS) in 1972 with Paul Hunt, becoming the first organisation to reject 'tragic or medical' approaches to disability, drawing attention instead to social and structural barriers that oppressed people with impairments, rendering them 'disabled'.

Vic's ideas influenced and inspired a generation of disabled activists and gave rise to the development of the Disabled People's Movement we know today, through the formation of Centres for Independent Living and Disabled People's Organisations, such as Disability Cornwall. His work also inspired the creation of Disability Equality Training, Direct Payments and the campaign for civil rights legislation.

His wife, Liz, died of cancer in 1993. Vic is survived by his daughters, Anna and Rebecca. He will be greatly missed.



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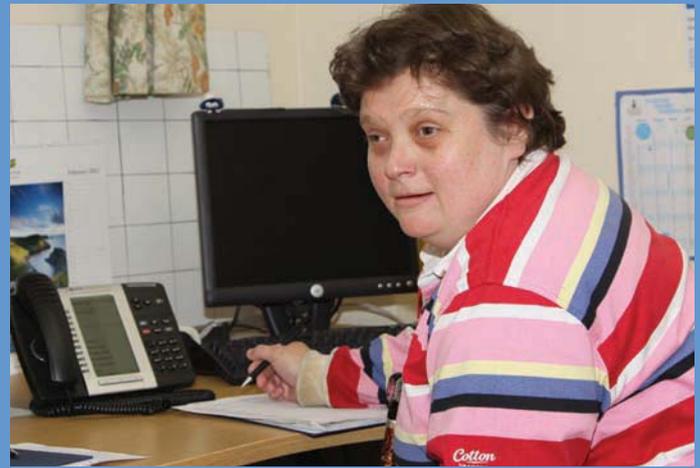
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Lisa & Francine at Disability Cornwall



Isabel at the Liskeard clinic

Wheelchair Referral Service now at Disability Cornwall

Disability Cornwall is aiming to provide a single point of contact for all wheelchair users and clinicians in the county who wish to refer to, or simply contact, the Wheelchair Referral Service. Available from 9am – 5pm Monday to Friday, this service handles all referrals, requests for reviews and general enquiries with a friendly, customer focused approach.

Callers are assisted through a short referral form over the telephone which is sent on the same day to the wheelchair assessment team. The wheelchairs range from self-propelling and manual-attended to electric and complex chairs for postural needs. Options for accessories include cushions, foot plates, extended push-handles and back braces, among others.

The service is available to anyone who is registered with a GP in Cornwall and the Isles of Scilly and has limited mobility. Contact us if you have a wheelchair and require a re-referral, but if you need a chair for the first time, then a referral will have to be made by your GP, social worker or allied health worker.

If a caller wishes to hire a wheelchair, advice can be given on who to contact. Please call either Francine or Lisa for further help or information.

Disability Cornwall also run the Orthotics Appointment Service for North and East Cornwall and book the clinics held in Bude, Callington, Launceston, Liskeard, Saltash and Torpoint.

Running the Orthotics Clinic in Liskeard is a joint venture between the health service, which supplies the consultant, Disability Cornwall, who take the bookings and volunteers from the Echo Centre who provide reception staff, such as Isabel Tovey.

Isabel tells DISCOVER about her volunteering role supporting the service in Liskeard.

"I go to the Echo Centre, a day centre for people with physical disabilities, on a Tuesday. It's supported by the charity Echo Cornwall who fundraise for activities and equipment.

I help out at the Orthotics Clinic two or three Thursdays a month. We usually work in pairs but I have often worked on my own. I arrive at Echo at 8.30am and collect the key and clipboard before walking over to Passmore Edwards Court to get set up. The clinic starts at 9am and finishes at 3.30pm and Tim, the consultant, gives us a list of appointments for the day. There is a security system in place to keep the residents safe, so we have to be there to let people into the building.

We ask the person their name and to take a seat. We inform Tim the client has arrived and when he's ready they both go into his office. The radio is on for some background noise and also to maintain confidentiality so you can't hear their conversation.

Once Tim has finished we show them out. I enjoy volunteering there because I'm interacting with people. I used to have to go to the orthotics clinic myself to have adapted shoes and for years had a wonderful service. I feel as though I'm giving something back for all the support I've received in the past.

I want to thank Liz Maclean who is an Echo volunteer because she sorts out who is going to run reception each week. Working at the orthotics clinic has increased my confidence working with people and I enjoy it very much."

Wheelchair Referral Service

T: 01736 751922 E: wheelchairservice@disabilitycornwall.org.uk



Weston Spirit

Simon Weston OBE was aboard the Royal Fleet Auxiliary landing ship, Sir Galahad, when it was destroyed during the Falklands War. He suffered 46% burns to his body and had to endure years of re-constructive surgery, including 70 major operations and surgical procedures. But in his own words, he was one of the lucky ones. He survived.

Forty-eight members of the British Armed Forces were killed when the Sir Galahad was attacked while unloading soldiers at Bluff Cove on 8 June 1982. The loss accounted for nearly a fifth of all British fatalities during the War and worst affected was the 1st Battalion Welsh Guards, who lost 32 of their number.

In his autobiography, 'Walking Tall', Simon's memory of the attack is vivid and makes for harrowing reading. It leaves you wondering whether surviving such a horrific experience, in which you lose some of your best friends, can ever result in time truly being able to heal. Simon affirms that it can: "I believe it does, not completely, but it does heal you. At the end of the day you have two choices – you can move on with your life or not. Some, of course, get stuck with the horror of post-traumatic stress disorder and that's awful. For me, it's all about moving on. I may be indelibly stamped with the Falklands War and have become its face, but I've now managed not to think about the conflict unless someone specifically asks me about it."

Simon clearly loved his time in the military and the adjustment to civilian life was far from easy. Most difficult was the sense of isolation and he felt an acute lack of people he could rely on to overcome the issues which arose. "My family and friends were great," says Simon, "But I felt lost. The military is more than a career, it's a way of life with a sense of community. You have somewhere you really belong. It's hard for civilians to understand, although miners and firemen may be exceptions. You didn't have to like everybody but you did have to get along with each other."

Though careful not to paint too rosy a picture, Simon can help you grasp the sense of 'all being in it together', where joys, hardships and victories were shared. If the soldiers were all wet, cold and hungry in a field, then so too were their commanding officers. "It was like growing up with a group of brothers, you didn't always get on, but there was a common bond and a feeling of trust running through everything with plenty of tomfoolery to alleviate the tensions!"

Coming to terms with such a profound facial disfigurement obviously presented a whole raft of challenges, even for somebody of Simon's resilience, but he doesn't regard it as a disability unless you're considering a career on the catwalk! "Well I suppose it is a disability if you're looking at beauty or fashion and it certainly hasn't been easy adapting to the way people look at me, but largely I don't care what people think about my facial disfigurement. If they're going to judge me by the way my face looks, then they can kiss my shiny white backside!"



Simon continued, "I'm prepared to live with my memories and what has happened to me, I only hope others can learn to live with their prejudices."

He added, "I don't want to accept my disability nor view it as a barrier, because to accept it means you equally have to accept its limitations."

Simon has now been the subject of six BBC documentaries, with the first ending in a period of depression. "I think it was talking about my experience in the Falklands War and highlighting it in such a way that made me feel so depressed. To me, mental ill health can be the most debilitating of all. You see physically disabled people just cracking on with life no matter what barriers they have to overcome, but when your mind is not well, it just isn't possible to crack on."

Simon told DISCOVER: "There are so many people, disabled and non-disabled who have achieved so much, Tanni Grey-Thompson to name just one, and we should celebrate them more. This country is a nation full of achievers and we're just not good enough at celebrating those achievements. We have too much reticence and should shout more."

The road to physical (it took a number of years for his skin to toughen up enough to keep up with the things

he wanted to do), spiritual and mental recovery has seen him active in a number of highly successful ventures. 'Weston Spirit' was one, and although no longer in operation, it assisted thousands of 13-25 year olds with innovative personal development programmes. Simon remains a tireless worker for charity and his charitable work earned him an OBE in the 1992 Queen's Birthday Honours. Frequently invited to speak at events across the UK and abroad, his story is an inspiring one and he uses it in order to motivate and encourage those who, like him, want to move on to the next goal whatever that may be.

Simon has many goals of his own and is involved in a range of activities from green energy to writing children's books. "I never want to be stuck doing one thing and like to keep it varied if I can and I'm excited about several good things on the horizon."

It seems appropriate to end this article in the same manner Simon finished his book.

'A stray cloud blocking out the light of a summer's day is finally blown away leaving only a brilliant sunny sky.'

Simon's autobiography Walking Tall is available from all good retailers.

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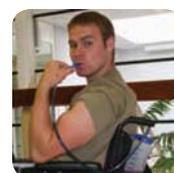
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Abijoes winging its way to new opportunities



Abijoes was the brain child of Jayne Mansfield, a non-profit organisation raising money to build a unique bird sanctuary where disabled people can become active participants in bird rescue, rehabilitation and care.

Jayne has over 30 years of experience in rescuing and rehabilitating both wild and cage birds, and a further nine years as a volunteer project worker supporting people with learning difficulties. During those years, she noticed how disabled people often encountered problems looking after their pet birds and, in some cases, either had no one to ask for help or were frightened to.

"It was this that made me think about the role of disabled people within animal welfare in general" Jayne told DISCOVER. After some research, it became quite clear there were very few opportunities for people with any type of disability in mainstream animal welfare and virtually none in bird rescue, particularly if you had some form of learning difficulty. I also noticed there were few places for people to turn for practical advice on keeping their birds."

Jayne continued, "Many people overlook just how passionate disabled people are about the natural world, caring about the plight of many animals, including birds, and Abijoes will provide opportunities to directly care for the birds arriving at the centre, spearhead campaigns and help within the local community."

Abijoes is a huge project requiring substantial funding, but it already boasts an enthusiastic

following. One member commented how it will open doors which have previously remained closed to disabled people. "If you have a disability" he said, "People assume you do not understand the needs of an animal and are therefore incapable of looking after them." Another member added, "people assume we are going to do something wrong with the animals or harm them in some way. We are so excited about the prospect of Abijoes, it will offer us and many others a place to learn, and to really feel we are contributing to the community and to the welfare of birds. A chance to give something back."

Funding for this project is high priority. One of the biggest costs will be the land required to build and develop the site. Jayne said, "The price of land has rocketed over recent years and it's important for Abijoes to purchase and not lease the land, as this will help ensure we'll be around for many years to come."

You can find out more about Abijoes on their website, including tips and advice on how to look after your birds, campaigns, general information, a gift shop, links to services and their new fundraising initiative, where they invite people to donate £1 and pass the link on to as many friends and family as possible, asking them to do the same. Their goal is to reach £500,000 and we wish them every success.

www.abijoes.co.uk





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DISCRIMINATION AT HOSPITAL CAR PARK

I was shocked when I asked at the Treliske Hospital car park manned payment station if my son, who is tetraplegic and a wheelchair user with a blue badge, had to pay to park his motability vehicle when having a bone scan. The attendant stated aggressively he didn't know why I would even think he should be exempt, since all people with disabilities were 'loaded' and cited a friend of his who had lost a leg and was apparently receiving 'huge amounts in benefits'. I felt like saying maybe he would enjoy losing a leg or breaking his neck in order to enjoy the apparent financial 'good fortune' he seemed to think all disabled people shared. Instead, I fumed silently and moaned to my family about the insensitivity of staff employed at a hospital.

It was on reading your last magazine that I thought I really should add my experience, as inwardly, it still makes me so angry and upset. It seems to typify certain elements of our community who believe all disabled people are 'scroungers'. We would love to be completely independent of benefits as we used to be before my son had his accident.

I also noticed you have highlighted the misapprehension that local authorities believe disabled people can afford the same parking charges as everyone else. People fail to appreciate the expenses involved with disability and the restrictions of choice it imposes. Before my son's accident we would have parked further out of town and walked in, but this choice is no longer available and the expense of city centre parking, if the blue badge is not awarded concessions, can be considerable.

Thanks for supporting the needs of the disabled people in Cornwall and beyond.

Yvonne Levene
Nr Truro

TO TRAVEL OR NOT TO TRAVEL?

'Rail travel made easy' claims the Disabled Persons Rail Card. Oh really?

Well, as a disabled person, some of my more memorable highlights from various rail trips 'up country' include: being stuck on a train on more than one occasion without the use of a toilet for four hours, left forgotten in a waiting room as my train pulls into the platform, left on the train when I should have been getting off, refused a lift onto the train because it was too crowded to take my chair (despite my valid ticket), being at the wrong end of the train to get off...I could go on!

With the support of Andrew George MP, I have complained and managed to improve some of their services. You are now able to book the priority seats where before you just had to take a chance. Priority seat cards are now available but you have to apply for them. If the extremely well designed accessible toilet on board the train is out of action, they must inform you before you board the train and you then have the option to move seats if you can access one of the ordinary toilets. However, they don't always tell you and it still isn't good enough. Apparently, the door on the accessible toilet relies on air pressure and if it doesn't reach the required level the door won't shut, which seems to be the case more often than not. First Great Western doesn't seem remotely interested in fixing the design fault.

My best advice is to always book assistance as some of the assistance staff are real stars. Check and double check the disabled assistance staff are fully aware of your circumstances. Put the phone number on your mobile with the reference they have given you and don't get into any rows, just dial them up if things go wrong and hand the phone to whoever is giving you grief!

Penny Stevens
The Lizard



RE: DISCOVER 13 ARTICLE 'A NATIONAL DISGRACE'

I have to agree with Reg Board that there are still many unanswered questions regarding Winterbourne View and the care system in general.

There needs to be a proper, open and frank debate about learning disability services, which I and many others have no choice but to depend on. I would like to see a change of attitude from both the care system and society towards people with learning disabilities, especially when someone is going through a period of crisis. Without this, people's lives will worsen and in the end more pressure will be put on a system already on the verge of breakdown.

It was very telling to read about your DIAL service and the second most popular reason why people call is because of issues with social services. Please, please, please, can we ditch the ignorance shown by many? For all the upset the system has caused, I will still drive to the learning disability forum in Launceston as I have been fighting for too long already.

**Christopher Burns (autistic & a carer for my Dad)
Torpoint**

YOUNG DISABLED PEOPLE FACE DISCRIMINATION

I have a 17 year old son with additional needs who attends Nancealverne School. This year he would have been entitled to an educational maintenance allowance, which has been replaced by a bursary system.

I have just discovered central government is not granting the bursary fund to special schools. If my son attended a local college he would get the bursary funding, which would have helped towards the cost of subsidised transport. But now I have to take him to school which does nothing to increase his sense of independence or improve socialising opportunities with his peers before school.

I feel these young people are being discriminated against.

**Moira Ninnis
Penzance**

LEFT LUGGAGE FACILITIES NEEDED IN ST IVES

When visiting St Ives for the first time last September, we were captivated by its beauty and it's obvious why the town has such a great reputation.

Our visit was marred though by one significant factor – the limited provision of left luggage facilities. We were only in Cornwall for a weekend and arrived by train from Penzance and had 'wheelie' suitcases. It's a short walk from the station to the Guildhall, but on arriving there we were told the only left luggage facilities in the town were at the Tate. We expressed our disappointment and the person behind the counter said, "Yes, we often get asked about this."

We then attempted to make our way to the Tate, which we had planned to visit anyway. My friend has M.E. which frequently makes physical activity difficult for her and I have a history of mental health difficulties (clinical depression), which can lessen my ability to manage stress. Already tired from a demanding day on Saturday, we both found this journey along unfamiliar, crowded and cobbled streets tiring and difficult. When we arrived at the Tate with frayed tempers and aching joints, we received a warm welcome and were invited to leave our cases in the cloakroom, although it's unguarded.

All this could have been avoided if left-luggage lockers were provided in the Guildhall. There must be other visitors to St Ives in a similar situation who do not arrive by car and are not staying in the town. For those with any kind of mobility difficulty, additional need, or older people, it can present considerable problems. It was frustrating when the assistant in the Tourist Information Centre told us other visitors had the same needs and no one has acted on them.

I quote from the Disability Cornwall website. 'Disability is caused by society's failure to adapt to the different ways in which people with impairments accomplish activities'. Please bear this in mind and think about whether you could improve the experience of all visitors to St Ives with the introduction of left-luggage lockers at the Guildhall.

**Aidan T. A. Varney
London**

An edited version of a letter sent to the St Ives Town Council and copied to Disability Cornwall.

SOCIAL SERVICES SHOULD BE INDEPENDENT

How to fund Social Care? How to ensure consistent quality of service provision across the country? Two difficult questions.

To my mind, social care shouldn't be part of council service provision. It's not a council service in the same way as other things are council services. Social care is a human rights issue. It is our human right to be out of bed, dressed, working, in education and out in the community, the same as it's everyone else's right to do these things.

Imagine if a non-disabled person was put to bed by the council at 7pm every night, because it was a convenient time for the council rather than the wish of the person? This happens in many local authority areas.

Imagine if a non-disabled person was left in soiled clothes all night long, not because they were incontinent, but because there was no money to be able to provide a person to change their night wear if a change was needed? This was a recent court case a disabled woman lost in Kensington.

Imagine if there was a shared house where it was ok to sit on non-disabled people, beat them or lock them away, if they were not doing what someone wanted them to do at a particular time? Let's never forget Winterbourne View.

As far as disabled and older people are concerned these things can happen. Right now. Not in Syria, with its current conflict, but right here in the UK.

When council services are cut, we put up with fewer rubbish collections, or roads which are not as well maintained as they should be, or swimming pools which are not open as often as we might like. But for disabled and older people, council cuts can be much more threatening. For many people it might mean there is not enough social care provision to be able to go to bed when we want, or no longer be able to afford someone to stay in our house all night to change our clothes if needs be. We may not be able to leave care establishments where we are manhandled and beaten up.

What about simple human rights to eat a hot meal every day, or be able to meet your friends when you want, or go to the gym to keep fit and healthy?

Social care needs to be independent of the council, a separate entity, governed by national rules and guidance which can be enforced and adapted to suit the needs of the local community. It needs to employ professional

people, like it does presently, but professional people who are employed by a national body, not one regulated by local councillors.

In this new arrangement the local social care office would receive funding calculated according to how many people receive social care services locally. This would mean it would be clear how much money the local area has. The local structure would follow a national model – x amount for management, x amount for service delivery, etc. – so it becomes clear how much money is being spent on what. In this way the council could not, for example, decide to spend more money on roads rather than giving local people the human rights to which they should be entitled.

These are decisions nobody should have to make, but which every local authority has to decide every year. Let's make social care a human rights issue, not a council spending issue!

**Battery Boy
Nr Exeter**



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.

Driving through Africa on his own terms

A damaged spinal cord from a rugby injury proved no barrier for Richard Harris to take his long love affair with Africa up a level by traversing the continent from South Africa to Egypt

Richard has always enjoyed travelling but didn't realise his original 'once-in-a-lifetime trip' would begin an African addiction, which has seen him return year on year since, gradually raising awareness that it was possible to travel the continent overland. But such a trip requires many things to be taken into consideration, from the more obvious care issues to how to access a roof tent by ladder, let alone how to finance it all.

That was until a couple of years ago, when a casual internet browse threw up the Azalai 4x4 camper van and the company adapting the vehicles, OEC, was based only a few kilometres away from where Richard lives in Devon with his wife, Rachel. "We went to see them and necessary adaptations were no problem, including a tail lift to enable access into the camper part", Richard told DISCOVER. The Azalai provided comfortable sleeping for two and a fully functioning toilet and shower. He continued, "It was key for me to remain at least as independent as I am at home. I didn't want to become more disabled by life on the road, but of course enabling solutions are often bespoke and expensive, you don't need to set up this kind of activity to realise that!"

Although the camper was not wheelchair accessible, because Richard can stand and walk short distances on crutches and only requires a chair for longer distances, this didn't prove a deal breaker. He said: "Coupled with a surprisingly cheap loan secured against the house and a willingness to pay it off and be broke for the next 15 years, together with a timely redundancy, meant all of my excuses had been negated!"

Richard added, "Since my accident I think I can honestly say a lot of unusual and incredible things has been foisted upon me, but this was the first project I had undertaken on my terms, with a definite aim to prove myself and that it's possible for someone with a mobility impairment to complete a trans-continental drive and experience a lot of what's on offer."



Richard at Victoria Falls in Zimbabwe

So early last year, the couple took a one-way flight to Durban to meet their 4x4 and drove it some 17-18,000 miles back to the UK over the course of the rest of the year.

The route took them through South Africa and into the sparse and spectacular wilderness of Namibia, briefly into Botswana, then the 'amazingly friendly and beautiful' Zimbabwe, onto the rural wilderness havens of Zambia, before driving through Malawi and into Tanzania with its rolling grassy plains. The trip continued on into Kenya, including chaotic Nairobi, followed by remote and desolate Lake Turkana, through Ethiopia by way of the Omo Valley and Addis Ababa, to the deserts of Northern Sudan and finally Egypt's Nile Valley. The route out of Africa involved a RoRo ship to Italy for the Land Rover and subsequent flights home.

Needless to add not everything went to plan. "Rachel lasted until Nairobi" said Richard, "I think it would be fair to say she got fairly Africa-ed-out! Luckily some friends were on hand to 'sub' her and she returned home at the five-month mark having completed two-thirds of the trip."

Rachel had determined early on she was happy to leave the driving to her husband. "As the trip progressed, it started to sink in I would be able to say, or brag, I'd driven the length of Africa!" Even more satisfying for Richard was the wide variety of challenging terrain. "We certainly didn't hold back," he added, "But other than getting stuck a handful of times (notably once in a river where fortunately there was a tractor on hand to tow us out) we had few problems with the 4 x 4, not even a puncture!"

Trip finances were topped up through various fundraising events and a small amount of sponsorship. The couple were also determined, well-founded clichés aside, to 'give something back'.

Bottom left: Some necessary local help after a bridge was washed away, south of Bale Mt's, Ethiopia

Bottom right: Members of the KASI Executive Committee in Moshi, Tanzania



They decided to support Motivation, which provides wheelchairs designed specifically for people living in developing countries which are able to cope with the uneven ground and potholes frequently found in poorer countries. They eventually raised over £4,000 for the Bristol-based charity.

Richard told us: "We arranged to meet up with the Kilimanjaro Association of the Spinal Injured (KASI), to see exactly how beneficial Motivation's work can be and met Faustina and Abdullah at the KASI office in Moshi, Tanzania." Abdullah has become the country's first accredited Wheelchair Technician to complete the technicians' course. Among the services provided at the centre are Tanzanian wheelchairs and Motivation's world-made chairs, as well as occupational and physiotherapy.

Richard saw at first hand how brutally harsh life can be in Africa, especially for people with impairments. He said, "The challenges and problems of living well with spinal-cord injury or any other disability are often universal, but the pragmatism displayed here, in recognising and tackling 'developing world

complications' is more than I can completely describe."

He continued, "Even though organisations such as KASI are struggling with inflationary costs, increasing demand and competing governmental agendas, the effect their efforts have on well being, survival and successful integration with communities is plain to see."

This was further brought home when Richard reached Addis Ababa. He said: "Here it seems, there is currently little or no support for many disabled people and it's not uncommon to see paraplegics, without wheelchairs, dragging themselves along pavements, with nothing but a pair of discarded flip-flops on their hands as their only aid."

They say travel broadens the mind, but for Richard there is a 'yin-yang' cost. He said: "For the wonderful privilege of witnessing Africa's obvious attractions, like the wildlife of the Ngorogoro Crater and the perpetual majesty of Victoria Falls, there is a starker knowledge. Life's lightning strikes randomly and there is responsibility incumbent on all of us to ensure we help to control the fires it starts."

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Stephen with his daughters enjoying a family day out

Falling on deaf ears

By Stephen Nott

Well deaf people today have it good with equal opportunities, the Disability Discrimination Act, direct payments and Disability Living Allowance. All sounds good. No?

Sadly, from personal experience, it's often hard for a deaf person (it may be just as hard for other disabled people) to get the level of help they really need. The main problem for us stems from when sign language interpreters are required. It's unfortunate that we need them frequently, so they're not 'one off costs.' Each time an interpreter is required, a minimum payment of three hours, plus travel and an agency fee is incurred. Even if the deaf person just needs an interpreter for five minutes at the doctors, fifteen minutes in the dentist, or an hour to help with shopping, these three hours cost in the region of £100.

We have text phones enabling us to use the phone normally, but they're so time-consuming it takes fifteen minutes to make a three minute phone call,

which means to make a business call that would take a hearing person fifteen minutes, it would take a deaf person a whole hour!

When the DDA came along we all thought, great, everyone has to make reasonable adjustments. So every time we go somewhere, an interpreter will be provided, at last, we're getting somewhere! But no, firstly, there's the problem of getting hold of an interpreter, who often has to be booked several weeks in advance, secondly, can you really imagine a shop keeper who has a deaf customer, forking out 100 smackeros for the interpreter when a chocolate bar costs 60p?

The word 'reasonable' is very hard to define in everyday situations. One finds this word can be used according to how someone wishes to interpret it, so basically, a great percentage of service providers get out of this provision altogether. I've gone to parent's evenings to be met by a level one student interpreter who can just about sign hello, goodbye, my name is etc. I'm there to hear how my child is getting on, but my child ends up interpreting

to the interpreter, telling them the signs, and then the interpreter signs to me! Can you imagine? It's quite hilarious to watch but so frustrating!

So you feel you have been discriminated against? No worries, the DDA will back you up. Well, perhaps, except for the small matter of accumulating a mountain of proof, evidence and whatnot, and then paying out of your own pocket to take the person who has discriminated against you to court. Because, after all, you have to prove they did not supply that 'reasonable' adjustment.

If you are unlucky enough to have a cochlear implant, the moment you say to someone 'I'm deaf, but I do have an implant', then your world crumbles around you due to the constant barrage of advertising telling you it's a miracle cure. They forget to tell you only a small percentage of implant users can actually understand words with their backs turned. For many, it's simply like an out-of-tune radio. 'You're not disabled, now you have the implant, we don't need to support you, we don't need to provide any further help.' So carry on in the world on your own.

But hang on, no worries, there's a payments scheme, so we can now have a personal signer all for ourselves paid through Social Services. But they forgot to tell you: deaf people are not included; sign language interpreters are not care, but apparently only social. Tell me what the difference is between having someone to act as one's ears and having someone to bath you because you have no legs? Sign language is definitely not a social thing, for our entertainment, it's a vital part of our lives to enable us to integrate.

Yes I know it's always the same story – funding. I mean how many people would pay £30K per year or more for an interpreter/assistant to sign for them through the day? But then where do equality and the DDA come into this? Surely it's reasonable for a deaf person to be treated the same as any other disabled person?

Are deaf people supposed to just return to the old days and live in asylums? If we're not given any care, you might as well just chuck us back in homes and throw away the key, never mind the fact there are some really brilliant minds locked away inside these deaf people screaming to get out!

Want to get a job? Great, Access To Work will help and pay for an interpreter. However, they forgot to mention you actually have to get a job first, on your own. The agencies just help fill out your CV; they don't actually ask employers if they can fit in a deaf person, because they are not allowed to under

equality laws. Right, okay, so I'm off to a job interview now but they don't know I'm deaf, as I wouldn't have got an interview. As an employer, wouldn't you, if you have several hundred hearing applicants, think, 'Who needs a deaf person so troublesome to accommodate? No thanks mate.' They also no longer have the 10% rule, when all employers with ten employees or more were obliged to employ 10% of disabled people, which got me many jobs in the past.

What's happened to compassion and helping one's neighbours? It's now grabbing everything for me, nothing for them, forget that chap, he's deaf as a dodo! Then the flip side: 'Those lazy blighters who are deaf, never done a day's work, living off benefits, come on government, remove their benefits and get them into work, lazy lot!'

Deaf people want to work just like their hearing counterparts. They want a decent wage just like everyone else, but they never get jobs. Even if they do, they're always on the bottom rung of the ladder. No matter about the degree, sweeping the floor's good enough for you. The hearing person, once in the door, uses their knowledge and hearing to slowly progress up through the company until they become a director. The deaf person? Twenty years sweeping the floor but that's all their good for isn't it?

I could go on but will stop now before I get really carried away! I've had total hearing loss since the age of seven and despite all the setbacks, ignorance and discrimination,

I can honestly laugh and say 'such is life.' But should it be this way? Should life really be so hard just because we're deaf? I leave you to judge and hope this reaches out and is heard the country over, that people will listen, analyse and endeavour to make changes which would make our lives more bearable.





Easy access route

Managed by the South West Lakes Trust, this circular path around Siblyback Lake on the South Eastern fringe of Bodmin Moor has only been completed since the end of 2010, enabling access for all around the entire lake

Siblyback Lake

KEY FACTS

- **Directions:** Just before the roundabout and still relatively new Dobwalls bypass, on the A38 Bodmin to Plymouth road, take the left signed St Cleer & Dozmary Pool directly opposite the A390 to Lostwithiel. Stay on this road for a short distance and you will soon see signs for Siblyback on your left.
- **Parking:** Either the car park on your right as you approach the entrance or there are further spaces up the slope and near the cafe, including three designated for disabled drivers although none are clearly marked.
- **Terrain:** Good and mainly flat with a 'cinder like' surface. There are a couple of slight inclines on the walk including the relatively steep slope up to the café that you may have just driven, and similar descent at the start. These are fairly easy to manage if you have somebody with you, but if not, you could park in the first car park and do the route the opposite way to which we did and when you reach the slope up to the cafe, turn around and head back the other way, if energy levels allow!

- **Distance:** The complete circuit is 3.5 miles.
- **Refreshments:** Drinks and light snacks are available at the Siblyback Cafe.
- **Public Toilets:** You will see an accessible toilet next to the café, but it was out of order when we visited. An excellent alternative is in the Watersports Centre, where large and warm changing rooms incorporate accessible toilet facilities. You will see a path to the centre from the cafe's patio area.

Ordnance Survey Map No:
OS Explorer LR201 238710



**Siblyback Lake
Country Park**
Nr Liskeard
PL14 6ER



All photos by Geoff Squibb

➔ BEFORE YOU START

If you are a wheelchair user you don't have to use your own chair if you fancy having a go on a Trampler, an all terrain scooter, as Siblyback is one of the few Cornish sites to be part of the South West Countryside Mobility Scheme. It costs £4 for 2 hours and can be arranged by contacting the reception at Siblyback, see contact details at the end. You need to be a member of the scheme which involves a short training session on the Trampler itself.

As the lake is a drinking water supply, dogs must be kept on leads and out of the water. If it's a windy day when you decide to visit or outside of the summer season, then make sure you have an extra layer or two to put on should you need it.

It's worth bearing in mind that Siblyback Lake offers a range of other activities from fishing, canoeing and wheelyboats, to bird watching, a high ropes course and children's play areas.

Cornwall Council would like to offer your family the opportunity to enjoy an exciting activity break at Calvert Trust Exmoor's accessible activity centre.



**Any weekend before the end of May 2012
Only £40 per person, fully catered!**

"Fantastic! - I have two very happy children, who have taken part in challenges that I didn't think could be possible. Amazing to find such a safe and understanding place."



01598 763221
exmoor@calvert-trust.org.uk

At Calvert Trust Exmoor
It's what you *CAN* do that counts!



Limited Availability, please book early to avoid disappointment.
Unfortunately we are only able to offer these special breaks to Cornwall Families who have not previously had Aiming High support to attend Calvert Trust Exmoor.





➡ ALONG THE WALK

Simply put, this track goes right around the lake and there are hardly any options to go 'off piste' so you can't get lost! We decided to go right which involves a short

and fairly steep descent at the start. Once on the route itself, identified by 'Siblyback Spin' wooden signposts, it's a good wide track that pretty much follows the water's edge all the way around, with a number of benches for those walking to sit and take five.

Considering the excessive amount of rain we had during the end of last year, the path is in excellent condition overall. There were surprisingly few wet and muddy patches and one of these is just past the wooden seat you will soon see.

On your left, over the small hump-back stone bridge is a bird hide, although not fully accessible. Cross over the wooden bridge in the next copse of trees with great views and you will now be going along the other side of the lake and closer to the water's edge to start with. The path opens out a little further on as you enter a small wood. Keep an eye out for the excellent attempt at ensuring even the drains are 'in keeping' with the environment.

As you exit the wood, you encounter a slight incline and a steeper one further on leading up to the dam, which has great views in both directions. A couple of picnic tables soon appear and are worth taking advantage of. As the path draws to an end, you come across a wooden gate which is not easy to operate unless you are non-disabled, although the lever would be a lot easier to use if approaching the gate from the other direction. Once through the gate you are back on the road you drove into the park on, with a pedestrian path on the right. A relatively steep incline takes you back to the cafe.

Siblyback Outdoor & Active Centre
T: 01579 346522
www.swlakestrust.org.uk





Summer Coach Trips

Inclusive trips on an accessible coach for you, your family, friends & carers



Exeter Racecourse Ladies Night, Tuesday 8 May

A great evening with the excitement of six races and fabulous live entertainment. Fantastic prizes for the winners of the 'best dressed' competitions. Men also welcome! Pick ups from Hayle 1:30pm and Bodmin 2:45pm. Returning to Bodmin at 12:45am and Hayle 2am.

Adults only £35 Entrance tickets included.

Royal Cornwall Show, Friday 8 June

There's something for every member of the family at the county's biggest annual event which is brim-full of exhibits, activities, entertainment, information, shopping and all that's best in food and farming. Pick up from Hayle 9:30am and returning 7:30pm.

Adults £15 Children £8 Entrance fee not included.



National Armed Forces Day, Plymouth, Saturday 30 June

Spectacular air and sea displays, military band performances and fantastic live entertainment. Join serving troops, veterans and cadets for a day of commemoration and celebration. Pick ups from Hayle 9:30am and Bodmin 10:45am. Returning to Bodmin at 8pm and Hayle 9:15pm.

Adults £18 Children £9

The British Firework Championships, Plymouth, Wednesday 15 August

Previous winners will compete for the prestigious 'British Fireworks Champion of Champions' title. Entertainment from 6pm with live music, fairground rides and refreshment stalls. Firework displays start around 9.30pm. Pick ups from Hayle 3:30pm and Bodmin 4:45pm. Returning to Bodmin 12:30am and Hayle 1:45am.

Adults £18 Children £9



Flavour Fest, Plymouth City Centre Piazza, Friday 17 August

The largest regional food and drink festival. With chef demonstrations, over 100 stands selling the best South West produce and a Drinks Revolution marquee, Flavour Fest has it all! Pick ups from Hayle 9am and Bodmin 10:15am. Returning to Bodmin 6:15pm and Hayle 7:30pm.

Adults £18 Children £9

Please Note: If you require assistance you will need to be accompanied on the trips. Although Disability Cornwall has spoken to the events' organisers of the above trips to ensure they are inclusive, we cannot vouch for the full accessibility of each and every one.

Disability Cornwall & Isles of Scilly working in partnership with Williams Travel

To reserve your place(s)
call Disability Cornwall
T: 01736 756655
E: admin@disabilitycornwall.org.uk



Cracking down on Blue Badge abuse

Tough new measures to crack down on drivers who abuse the disabled parking system, including a new Blue Badge design which is harder to forge, came into force in January.

Previously, Blue Badges were made from card and handwritten, but now disabled drivers will be able to apply for an electronically printed one, much like a driving licence. The new badge will have security features such as a unique hologram, digital photo and serial number allowing parking attendants to check for genuine badges more easily through the windscreen.

Blue Badge fraud is estimated to cost the UK £46 million a year and it's generally accepted that reform is urgently needed. The new badge is part of a wider crackdown on misuse of the scheme to ensure accessible parking spaces can only be used by people who need them.

Other measures include:

- Shared administration between authorities resulting in faster renewals, less abuse and operational efficiency savings
- Better customer service for badge holders, including being able to apply for, and renew badges online

using Directgov, as well as access to a new national helpline number. From this April customers will also be able to report lost and stolen badges online

- Wider use of independent mobility assessments to determine eligibility. To support this, local authorities will now have control of the National Health Service spend on Blue Badge assessments
- Extending the scheme to more disabled children under three years of age, severely disabled Armed Forces personnel and veterans, and removing residency requirements for disabled service personnel and their families who are posted overseas on UK bases.

Transport Minister, Norman Baker, said: "Motorists who pretend to be disabled to get some free parking are frankly disgraceful. They prevent real Blue Badge holders from using parking bays designed for those genuinely in need and they cheat the vast majority of road users who play fair when they park their cars. Our new Blue Badge will be as secure as a banknote and anyone thinking of faking it can forget it. We are also tightening up on enforcement and eligibility so there will be no way to scam the system."

Life or death?

BY CHEYANNE WASSELL

The popular soap, *Emmerdale*, caused controversy when disabled character, Jackson Walsh, expressed a wish to be allowed to die. Critics claimed the storyline portrayed disability in a negative light and that the producers were merely interested in chasing TV ratings, whereas supporters felt it raised awareness about euthanasia, a positive in itself.

Could this sort of mainstream exposure influence one of society's most difficult debates, or is it simply a question of personal morals? The debate about assisted suicide shows no sign of abating.

If a person wants to die there should be legal and medical provision to enable them to end their life or be assisted to end it

Voluntary euthanasia is only an option to be taken if a person's suffering is so great that helping to end their life would be doing them an act of kindness. It is only meant for the terminally ill and according to the Stanford Encyclopedia of Philosophy (SEP) there are five conditions which must be met before anyone can be considered for voluntary euthanasia:

- If that person is terminally ill
- If they are unlikely to benefit from a cure being discovered
- When, as a direct result of the illness, the person is suffering intolerable pain or only has available a life that is unacceptably burdensome (where treatment requires dependency on others, or a life support machine etc.)
- There is an enduring, voluntary and competent wish to die
- The person is unable to commit suicide without assistance.

The SEP also states in most countries if a person wants to die then there should be legal and medical provision to enable them to end their life or be assisted to end it. The most well-known of these is Dignitas in Switzerland, which has permitted assisted suicide since 1998 for people who find life unbearable. It is the only clinic that allows people from all over the world to end their life there, which is why it's the most well-known. It is a professional establishment, where advice and support is offered at all times and a person cannot merely turn up on the doorstep, an appointment must be made first.

The Thomson Reuters website, the world's leading source in information for businesses and professionals, states euthanasia is legal in the Netherlands, Belgium, Switzerland, Australia and the state of Oregon in the USA. It is not legal in the UK. Organisations in the countries where it has been legalised believe you should have respect for a person's demands, as long as those demands do not result in the harm of others. Echoes here of Debbie Purdy, who went to the High Court to protect her husband from prosecution if he assisted her to die because her primary progressive multiple sclerosis had begun to deteriorate. She won her case in July 2009 so was able to put her plans on hold. If she had not won she would have gone to Switzerland by herself to die that year.

Many people, including author Sir Terry Pratchett, feel it's a person's fundamental right to choose how they die and the timing of their death. It's believed if euthanasia is to be permitted it must be with respect for a person's independence.



Photo courtesy of ITV

Controversial: Paralyse Jackson Walsh, played by Mark Silcock, left, asks boyfriend Aaron Livesy, played by Danny Miller, to help him commit suicide

Life is precious no matter what your physical state may be

The soap featured a storyline where character, Jackson Walsh played by Marc Silcock, aged 22, was involved in a horrific car accident which left him paralysed from the neck down. Controversy was fuelled when he then requested help to end his life from his mother and his partner.

The Spinal Injuries Association (SIA) appealed to producers of the show to stop the storyline, as it displayed a negative portrayal of spinal cord injury and focused on the characters' limitations rather than rightful expectations. They claimed the sensational storyline appeared to have triumphed over the need to be sensitive to those who are newly injured and who may see this outcome as their only future.

The plot ended last summer with Jackson's mum being unable to go through with helping her son to die, but his partner stepping in to assist as a final act of love.

People who acquire their impairment in life are possibly even more determined to retain their independence, challenging themselves and possibly those around them to enable living a fulfilled life. Whereas Emmerdale's plot demonstrated the complete opposite of this and when Jackson asked his boyfriend and mother to help him die, the debate about euthanasia once again sparked up.

All in all, euthanasia results in the taking of a life so, it can be argued that euthanasia is borderline murder. Many people, including doctors and some high profile disabled people, firmly believe that being alive is precious no matter what the physical state may be. There is no such thing as a good death. Taking a human life as opposed to preserving it is quite simply wrong. Particularly at a time where we are seeing such advances in the medical field, resulting in better management of conditions, longer life expectancies and equalities legislation.

A justified argument is whether we can ever really have sufficient evidence of a person's desire to die. If not, could this therefore lead to other forms of euthanasia, specifically non-voluntary, where the person whose life has been ended made no request and gave no consent to it because they lacked the necessary capacity.

As the laws of euthanasia possibly erode the psychological barriers against killing it becomes harder to distinguish between justified and unjustified killing. It is further argued if we allow euthanasia to be legal in the UK then there could be pressure on disabled people to end their lives, as they may feel as if they are a burden to other people.

Let's ask the MPs

Considering the Disability Discrimination Act (1995) is now well over 15 years old, what do you think about the fact that in Cornwall, despite new buildings having been constructed and older ones refurbished, many are still inaccessible to disabled people? Where does the fault lie and what should be done to end this discrimination?



Labour

Jude Robinson
Cornwall Councillor
Camborne North

There is a huge difference between those organisations and companies that have really taken the needs of disabled people on board and those who do the bare minimum. Often it is about more than ramps or wide doors but also about the way people are spoken and listened to. We have a long way to go before everyone understands we must cater for all forms of difference, including disability. It is very hard for disabled people to go out when access can be hit or miss. To change things, we have to keep up the pressure to make sure that catering for disabilities becomes engrained in our culture and commerce.

T: 01209 218814

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Alison Seabeck MP
Plymouth Moor View

I meet regularly with groups and individuals in my Plymouth constituency and listen to their views and observations on disability issues.

There is no excuse for new buildings and housing developments not to be DDA compliant or accessible,

following the introduction of Part M of the building regulations. Dialogue is often the best way forward and disabled people can help with ideas for better access or services. Business needs their custom. Disability organisations and individuals can help to make progress by working with their local council and chambers of commerce.

Listed buildings can also be challenging, but many have come up with innovative options making it possible for these buildings to be appreciated by our whole population.

We do need to take account of the government cuts which have been inflicted on local authorities and the challenges that gives them in terms of capacity to support alterations.

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Conservative

George Eustice MP
Camborne & Redruth

The Conservative Disability Group, of which I am Chairman, was founded in the 1980s against the backdrop of scant legislative recognition of the needs and concerns of disabled people. One of the group's earliest successes was to lobby the then conservative government to bring forward the Disability Discrimination Bill.

The resultant Disability Discrimination Act (1995) and its successor, The Equalities Act (2010), were both milestone pieces of legislation in demonstrating the changing attitudes of Parliament towards disabled people in this country. They both place a responsibility on all businesses, employers and developers to make every reasonable provision to avoid discrimination against disabled people when it comes to both physical, and metaphorical, access.

So with stringent law in place, enforcing authorities, in this case local authority planning departments, need to ensure they consider disabled access as a matter of course before approving applications. For the most part, I think new buildings cater for disabled people fantastically but acknowledge there are occasions, particularly in the refurbishment of old buildings, where access is still an issue.

Attitudes have changed for the good and our laws reflect this. We must now ensure these laws are understood and enforced wherever possible.

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Sheryl Murray MP
South East Cornwall

Disability is something that can affect us all and it is important that discrimination does not occur. Under the Equality Act 2010 it is unlawful for service providers

to treat disabled people less favourably because they are disabled.

Disabled people have important rights of access to everyday services including services provided by: local councils, doctors' surgeries, shops, hotels, banks, pubs, post offices, theatres, hairdressers, places of worship, courts or voluntary groups such as play groups. Service providers must not treat a disabled person unfavourably because of something connected with their disability, unless there is a clear and fair reason. Clearly more still needs to be done and I know the Government is very mindful of this and best practice must be learnt to improve access for those who currently have difficulty.

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Sarah Newton MP
Truro & Falmouth

It is very important disabled people are able to access the same services, from shops to doctor's surgeries, that others take for granted.

I am pleased to say the Government is committed to tackling this issue, through the implementation of the 2010 Equalities Act, which updates the Disability Discrimination Act and sets out the rights disabled people have in regards to service access. It places the obligation onto service providers to make reasonable adjustments to premises or to the way they provide a service to ensure that disabled people are able to access it.

More information regarding the Equalities Act and disabled access can be found through www.direct.gov.uk/en/DisabledPeople/Everydaylifeandaccess/Everydayaccess/DG_4018353 or by calling my office.

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Liberal Democrat

Andrew George MP
St Ives

What is 'reasonable adjustment?' That's the question! What is and is not a 'reasonable' attempt to improve access was never properly sorted out when the Act was

passed 16 years ago. It made clear, for example, that the purpose wasn't to bankrupt parish councils nor to destroy the integrity of listed buildings, but how far that goes was not determined. Lawyers love unclear legislation where terms like 'reasonable' are left open to their profession to argue over and make lots of money.

Frankly, there can be no excuse for any public authority which has built new buildings or extensions in the last 16 years and have failed to ensure they are fully accessible. Local authorities should make sure they have adequate independent advice from organisations like Disability Cornwall when reviewing the accessibility of their public buildings.

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Stephen Gilbert MP
St Austell & Newquay

The DDA was a great step forward in recognising the importance of society adapting to meeting the accessibility needs of those who are disabled.

However, it is obviously a shame that some businesses have been unable to meet the requirements in the last 15 years. I believe it is important for everyone to make accessible arrangements where possible and in the few cases where it is simply not possible to do so, alternative arrangements should be made.

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Dan Rogerson MP
North Cornwall

There are issues with building regulations, for example balancing the preservation of listed buildings with making sure buildings are accessible. However, if a building is restricted from being adapted

for whatever reason, or does not have adequate access for disabled people, it is my view that it shouldn't be the location for a public service, which needs to be accessible for everyone.

Issues also arise from historic buildings in our town centres. We all want to keep our town centres alive and see them thrive, but there are often issues with older buildings such as sloping entrances or tight spaces that are unsuitable for adaption.

I would welcome readers of DISCOVER magazine getting in touch with me to let me know if there are any particular buildings which are proving problematic, and I would be more than happy to take this up with Cornwall Council or other organisations providing public services.

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E: contact@danrogerson.org

Big Bill?



COMMUNITY
ENERGY PLUS



Don't get in a flap, get free advice to help manage and reduce your electricity and heating bills. Community Energy Plus is a local social enterprise working to support households across Cornwall.

Free practical support on:

- Understanding and managing energy bills
- Getting the best from your heating system
- Insulation and heating support
- Damp, mould and condensation problems
- Having a healthy and warm home



Look out for our 'Warm Me Up!' Energy Surgeries around the county or get in touch for more information:

Freephone **0800 954 1956** or email **advice@cep.org.uk**



Help to enjoy a warm and healthy home

A four year project to improve the quality of life for vulnerable people living in fuel poverty has been launched by Cornwall's sustainable energy and fuel poverty social enterprise, Community Energy Plus, following a grant from the Big Lottery Fund. The 'Warm Me Up' project will provide impartial advice and support to householders who are struggling to pay their energy bills and heat their homes to an adequate temperature.

A dedicated fuel poverty caseworker has been appointed to help householders enjoy warmer, healthier homes. Advice can be provided in the home, over the phone or at advice surgeries and includes help accessing grants for heating and energy efficiency measures, how to read meters and manage energy bills, tackling damp, mould and condensation as well as advice on how to save energy through behavioural change.

The project will also deliver training and resources to frontline workers, volunteers and carers who are well positioned to identify people who may be at risk of fuel poverty and to open-up access to help.

Fuel poverty is defined as households spending more than 10% of their income on heating and as energy prices continue to climb, the people classed as living in

fuel poverty steadily increases. In Cornwall there are a number of factors which contribute to the county having the highest levels of fuel poverty in the South West. Low wages, large numbers of poorly insulated solid wall properties and reliance on more expensive forms of heating where there is no access to mains gas, have forced many households to make difficult choices between heating and eating.

Alec Rice, Community Energy Plus's Fuel Poverty Project Manager said: "There's a stigma attached to Fuel poverty and many people put up with living in cold, damp homes because they're not aware of the support that may be available to them or are too embarrassed to seek help. We're planning to help up to 1200 householders through this project and will be working with a number of public, private and volunteer organisations to raise awareness and ensure those in need get the help and support they need."

If you are worried about your energy bills or keeping your home at a healthy temperature, contact Community Energy Plus on Freephone 0800 9541956 or email advice@cep.org.uk



Community project to help grow your own

'Do disabled people want to learn more about growing their own vegetables?' That's the question asked by Penwith Community Development Trust, the charity running the PEAT project.

PEAT (plant, eat & teach), is an open access community project that teaches you how to grow and, if you want, how to cook your own vegetables. It operates from a one acre patch of land near Penzance and offers small individual allotment plots, as well as communal growing space and accredited training in various areas of horticulture.

The project is looking to become much more accessible, with proper walkways (rather than muddy paths), accessible parking and toilets, a custom made classroom and raised beds. Although PEAT believes there is a need for this project and don't know of anything else around providing this accessible service,

funders will need to be convinced before they part with the estimated £40,000 capital funding needed to convert the site.

"We've been working with Disability Cornwall, who have been very encouraging, and we're excited by the potential of this scheme, but we now need disabled people to tell us if they would use it," explained Tom Jane, manager of the PEAT project. "We've set up an online survey so anyone can tell us what they think of our ideas. This project will only happen if there is good support for it."

Please enter the online survey and tell them what you think about it.

www.surveymonkey.com/s/PEATAccessSurvey

If you would like to speak to Tom, then please call the Penwith Community Development Trust.

T: 01736 334686

www.peatproject.org

The Number 3 Mystery Book



In the words of its author, Chris Pink, The Number 3 Mystery Book is an 'unconventional adventure about a boy called Barney and his feisty disabled best friend Wonky! Barney is obsessed with Cryptozoology, has the genetic condition cherubism.'

Chris said: "The book is a comedy, but I don't want people thinking disability or conditions like Cherubism are things to be laughed at, a reason I wrote it because in my opinion, not enough authors tackle subjects like this."

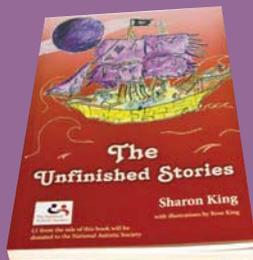
Between 2006 and 2009 Chris contracted a rare virus which nearly caused him to lose the use of his

legs. He continued, "It resulting in me having to learn to walk again from scratch and realising, without meaning to be condescending to anyone, just what people at a severe disadvantage have to go through every single day."

If you are wondering what Cryptozoology is, so were we! Chris told us: "Well, it's the search for animals like the Yeti and the Loch Ness Monster, among other things. That's my tip for any aspiring authors out there – write about something which intrigues you and hopefully it'll intrigue others too!"

The Number 3 Mystery Book is available from www.thenumberthree.co.uk

Chris Pink



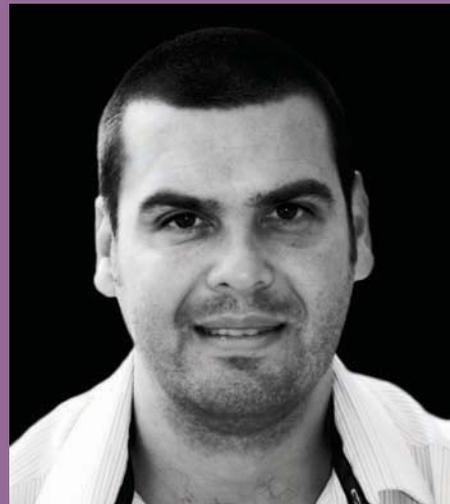
The Unfinished Stories

Following the success of 'The Daily Journal of Arabella Crumblestone', based on author Sharon King's three children who all have different physical or emotional conditions, she decided her next book should be more appealing to boys. Approximately 75% of children diagnosed with autism are boys and just like its predecessor, £1 from each sale will be donated to the National Autistic Society.

The autistic hero in *The Unfinished Stories*, based on a close family friend, embarks on an adventure filled with agitated ghosts, pixies and a cryptic quest. Sharon told DISCOVER: "I have really poured my heart into this book, and as the parent of three very different autistic children, I feel well placed to sensitively and positively portray autistic characters. I feel it's vital for autistic children and their siblings to see autism positively reflected within children's fiction.

The message of the book is 'Be who you want to be', a King family motto!

The Unfinished Stories is available from www.sharonkingbooks.co.uk



26: A Behind The Scenes Tour Of Life With Cerebral Palsy

When Stuart Maloney was born he wasn't breathing. Doctors worked furiously for almost half an hour to resuscitate him; during the twenty-sixth minute of their desperate efforts, Stuart finally took his first breath. But his family's relief would be short-lived. Given the significant length of time that their baby had been starved of oxygen, some lasting damage would be inevitable. When Stuart was eighteen-months old he was diagnosed with cerebral palsy. Stuart has set about overcoming barriers throughout his life and cerebral palsy is something he allows only to shape, rather than to define, the adult he is today.

A Behind The Scenes Tour is frank, honest and often humorous.

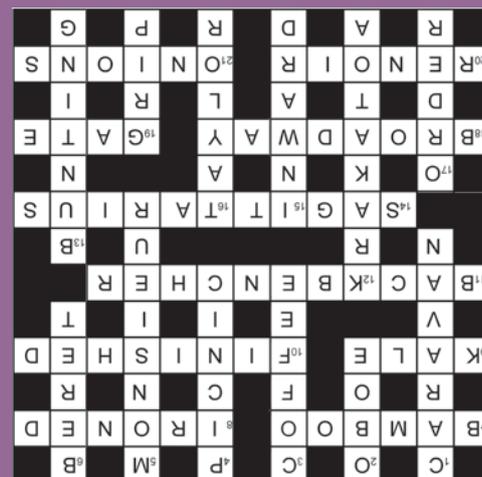
26: A Behind The Scenes Tour Of Life With Cerebral Palsy is available to buy from both www.amazon.co.uk & www.AuthorHouse.co.uk.

The sudoku, crossword and brain-teaser answers

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

Sudoku Answers

Brain-teaser answer
If you take the first letter and place it at the end of the word, then spell the word backwards, it will be the same word.



A party at No.10 Downing Street

Last December, the Prime Minister's Office contacted Together for Short Lives, an organisation supporting families whose children have life threatening or terminal conditions, to invite two families to a special children's party at

Number Ten. William and Savannah from West Cornwall were the lucky ones who attended the party with their parents, Lizzie & Mark and Lisa & Jamie. Lizzie tells DISCOVER how it was an unforgettable experience and in more ways than one!

The Warehouse Conference Suite



Just off A30 with free parking

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T: 01736 756655 E: info@disabilitycornwall.org.uk

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Prime Minister David Cameron meets William and his parents Lizzie and Mark

Travelling on a long journey with severely disabled children (William is 6 years old and has Mosaic Edwards syndrome, which among many other issues causes a growth deficiency, and six year old Savannah has leukaemia and endures frequent epileptic seizures) is more often than not an experience I would call a 'trial by fire' and something I'm sure many of you will recognise!

I thought the seven hour train journey from Cornwall to London would be too long so decided, in my wisdom, we should drive to Bristol and then get a train from there to London, cutting the journey down significantly. What was I thinking? Unfortunately, Savannah had been sick for a few weeks prior to the journey with a fever and cough and on the way up had a seizure and vomiting, necessitating a stop at a motorway services. We then hit queuing traffic, so took a detour which led to a road closure, resulting in another detour, and finally arrived at the train station just as our train left the platform!

Frustrated, we bundled our children into their very heavy and awkward 'wheelchair-pushchairs', wrapped them in blankets, loaded ourselves up with luggage, two oxygen cylinders, an emergency meds bag and our 'posh frocks', paid for parking and went to catch the next available train to London.

Thankfully we didn't have to wait long as the platform was freezing, but then the real trial began with standing room only. Panicking, we got on, with both Dads frantically trying to manage two cold children, two huge buggies, lots of luggage and two stressed women! Lisa, William and I were offered two seats four rows apart, William on my lap. Mark was in our carriage but further away and Jamie and Savannah ended up in another carriage altogether.

I got into a conversation with the gentleman next to me and he decided to help by speaking with the train manager and telling them we were VIP guests of David Cameron with disabled children, which resulted in a move into first class! Jamie however, couldn't bring Savannah and her buggy through the carriages as it was too crowded, so had to dismount at the next station and walk along the platform to the new carriage. When finally the party was together, the announcement came that some signals weren't working, so could all passengers please disembark and catch a different train to London!

A mass of people converged onto the platform. William hadn't been fed, Savannah was confused, we were all freezing and we couldn't go down the stairs or the escalator with the pushchairs. Eventually another train

arrived and we went straight to first class, without even asking!

Upon arrival in London, we were obviously running late and decided to catch taxis to the hotel, where a huge set of steps leading to the front door had to be negotiated first, to discover that reception couldn't find the reservations! Kids were tired and hungry by this time and parents exhausted and highly strung, so when reservations were found, it was a quick rush to the rooms to get changed and dress the children, before exiting through the 'service lift'. We managed to catch a taxi to Downing Street, had ourselves and belongings scanned and then... breathe. We had finally made it to the front door!

The party was jaw-droppingly amazing with the house dressed for Christmas and carol singers at the front door. The staff were lovely and accommodating and children's TV celebrities were everywhere, including Mr Tumble and Mister Maker!

Our group were the first to meet the Prime Minister who was lovely. He made us feel so comfortable, joking about

needing a cup of tea after the day he'd had (a grilling in the House of Commons after using Britain's veto to try and block the revised Lisbon Treaty) and we told him we felt the same after the day we'd had! We talked about Cornwall and exchanged stories about our children.

An aide talked with us after and we said how disappointed we were by the fact we had brought a gift of a small photo album and some Cornish cheeses, as we knew the Camerons love to holiday down here, but hadn't had time to label the album or wrap the cheeses. We ended up leaving the Prime Minister some cheese in a Tesco carrier bag with the prices still on!

Lasting memory? Let out of the gates by armed police officers singing 'Let it Snow' to catch a glimpse of the reindeer and sleigh going down the street with sleigh bells jingling.

We received a personal letter from David Cameron thanking us for the cheese and as well as a photo of us with him. The album was finally labelled and posted when we got home!

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What's been making the headlines?

More money for DFGs

An additional £11 million will be allocated to the Disabled Facilities Grant for 2011/12, to help disabled people access aids and adaptations required to live independently at home, saving them from an unnecessary stay in hospital or going into residential care. Allocations were announced in March by the Department for

Communities and Local Government. Details of the amount awarded to each local authority is available on their website.

As part of the package of measures in the spending review, the Government is providing an extra £7.2 billion over the next four years to local councils so they can protect services that support vulnerable people.

Cameron orders merging of health and social care

Prime Minister David Cameron has ordered health and social care services to be brought together in order to benefit patients in a move which government advisers are calling the NHS's most urgent overhaul.

At the moment, health and social care are different systems in England, but Cameron has told the health secretary, Andrew Lansley, to drive through changes that health policy experts claim will make life more convenient for patients, improve care and save the NHS money. The prime minister has been persuaded by senior doctors and Downing Street health advisers that, without integration, the NHS could become unsustainable due to rises in the number of patients with long-term health conditions such as obesity, diabetes and breathing problems.

The first move towards creating joined-up services is likely to see Lansley tell the NHS it has to give integration the same priority that keeping waiting lists under control has had for the last decade. That new target is the key recommendation in a recent report on integrating care by the King's Fund and Nuffield Trust health think-tanks, whose chief executives both advise Downing Street.

The new duty would oblige providers of medical care to start working closely with social care providers in order to streamline the care patients receive, ensure they have to deal with fewer organisations and departments, and deliver more care in community settings rather than hospitals.

Cameron, who made integration one of his five 'personal NHS guarantees' last year, is also keen on other suggestions in the report, according to well-placed NHS sources. They include new guarantees that patients will receive an agreed care plan and a named case manager responsible for coordinating care for all their needs. Health and social care is already integrated in Northern Ireland and a few parts of England, such as Torbay in Devon, and patients generally report greater happiness with their care where it exists.

Andy Burnham MP, the shadow health secretary, backed the report and said it was further proof the government should drop its health and social care bill, which would set back the cause of integration by 10 years.

Police investigate abuse at Penzance day centre

A police investigation has been launched after a number of staff were suspended at the John Daniel Centre in Penzance, a day centre for people with learning difficulties. In December last year, concerns were raised over allegations of possible abuse at the day centre, which caters for more than 80 people and currently remains open with support from other staff.

Cornwall Council said the enquiry will 'ascertain whether criminal offences have been committed or not'. Nick Fripp, the head of learning disabilities services at Cornwall Council, said they had acted 'very quickly' to make sure there was no risk to anyone involved.

In a joint statement, Cornwall Council and Devon & Cornwall Police said: "We appreciate this is a worrying time for all concerned and everyone involved understands the importance of moving things forward as quickly as possible. We remain in close contact with service users and their families."

They went on to say that staff had been suspended in line with normal management procedures. "This does not presume any allegation is proven or that any suspended member of staff is involved. It simply allows for a thorough and fair investigation to take place," they said.

DISCOVER bits & pieces

Benefits information for people who are deaf or hard of hearing



A set of films has been produced in British Sign Language for people who are deaf or hard of hearing. The first four films provide basic information about different benefits and the final one will explain how to make a claim if a person is eligible.

www.direct.gov.uk/en/video/DG_WP196003

Pat's Petition

Pat Onions is blind and a carer and has created a petition calling on the government to 'stop and review the cuts to benefits and services, which are falling disproportionately on disabled people, their carers and families'.



Many carers and disabled people are alarmed by the number of changes taking place and Pat's petition is gaining support from charities such as Mind and the RNIB. It needs to reach 100,000 votes in order to generate debate in parliament and doesn't close until November. You can sign the petition by visiting www.epetitions.direct.gov.uk/petitions/20968

Disabled Persons Railcard

Entitles the holder plus a friend / carer a third off most rail fares in Britain. A card valid for one year costs £20 and its £54 for three years. Applicants must provide proof they have a disability that makes it more difficult to use trains. Typical eligible conditions include epilepsy, mobility difficulties and sensory loss, or receiving a disability-related benefit such as Disability Living Allowance.

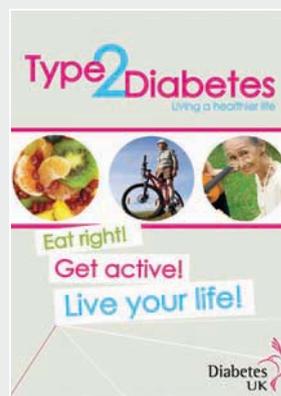
A completed application form with the required proof and payment needs to be sent to:

Rail Travel Made Easy
PO Box 11631
Laurencekirk, AB30 9AA
T: 0845 6050525
www.disabledpersons-railcard.co.uk



Diabetes Health Pack

The Friendly Resource Company has produced three good resources to address diabetes, which have been designed to be of particular relevance to people with learning difficulties and to assist in living healthier lives.



Available in a pack comprising an accessible DVD produced in partnership with Diabetes UK, the well renowned 'My Health' DVD and a personal health planner 'My Healthy Life Plan', the pack has been developed with health professionals and is available now for £21.99 including postage, packing and VAT.

T: 01709 720462

E: orders@friendlyresources.org.uk

Get Out There

Is an exciting new friendship group for young adults with complex needs. Activities take place at the weekend with a strong emphasis on fun and adventure. Please contact Simon Allison for more information.



T: 07814 272904

E: simon.allison@sense.org.uk



A stamp isn't just a stamp anymore!

It's important to use the correct postage otherwise the person receiving the item will have to pay a surcharge!

Greeting cards, personal letters, postcards and bills are just a few examples of items likely to fall into the Letter format, but A4 envelopes and smaller envelopes over 5mm thick, CDs and DVDs in their cases, certificates, some large greeting cards with badges and most magazines will fall into the Large Letter format. You could consider folding your A4 document in half to fit into a C5 envelope, which would bring it down to the Letter format, as long as it is still less than 5mm thick.

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Text: 08457 223355

www.postoffice.co.uk

Radio Poplar

This radio station originally began broadcasting as a hospital



radio service at St. Mary's hospital in Leeds, but moved in early 2005 onto the internet. Although Leeds remains the focus, the station now enjoys about 1,000 listeners every quarter, with some from as far away as Poland and Australia! The station plays music from the 1920s to the present day and also broadcasts vintage radio shows from the USA, South Africa and the UK.

www.pgfm.co.uk/poplar

Toilet training for children with

autism or intellectual impairments



Sue Bettison's book encompasses a wide range of toilet training procedures from her many years of research, clinical practice and collaboration with parents and others working with children who have additional needs.

The book is released on the learn2do website so parents and professionals can access it easily. It's a book to be read through once and then referred to for the parts that are relevant to you. It includes instructions for a range of different toileting problems, record forms and lots of other background information. The author has also included stories from her work with families, along with plenty of answers to questions asked by parents over the years.

www.learn2do.net

Do you know anyone that would like to go on a 5 day residential training course?

A programme full of exciting activities while working towards a nationally recognised qualification in Personal & Social Development

Call Katie on 01288 357350 or the Integer Office on 01288 356263 for more information on how to take advantage of this excellent opportunity.

This residential training course for adults and young people with particular needs is funded in partnership with New College Swindon.

Course dates:

Monday 23rd - Friday 27th April 2012



Do it! Feel it! Think it! Live it!



The experience is set at Outdoor Adventure on the Cornish coast in Bude. Learners will work towards the NCFE Entry Level Certificate in Personal & Social Development. This qualification will be achieved with the support of an Integer tutor, learning support assistant and fully qualified activity leaders supplied by Outdoor Adventure, Such as surfing, climbing, canoeing etc!

The cost of the course will be met by funding through New College Swindon, with a contribution fee towards food and accommodation of £95 for each learner.

All equipment will be provided to all learners, all they need to bring is their enthusiasm and commitment!



Parents Palliative Network

This new Facebook page is a 'safe place' for parents to talk about subjects vital to them and the care of their profoundly disabled children, and is closed so only members can see posts. Prospective new members need to ask an existing one to be added or can contact Lizzie, quoting the security code 120960. If you don't have access to a computer or smart phone, but would like to be kept in the loop please ring, text or email Lizzie.

T: 07787 522339

E: lizzie@worthers.com



Keeping car emissions down

The London low emission zone came into force in January this year, which means if you enter London in a vehicle with emissions too high, you risk a fine of £100. Necessary adaptations to counter this can take at least three months. The good news is cars are not affected, but smaller vans up to a gross weight of 3.5 tonnes are.

www.tfl.gov.uk/roadusers/lez



Not hate but mate crime

Susie Balderston is a disabled woman and criminology researcher at Lancaster University, in addition to her role as a Director of Vision Sense, a disabled people's user-led organisation. Last year, Susie helped provide evidence and recommendations for the 'Hidden in Plain Sight' report on Tyneside, as part of the Advisory Group for the Equality & Human Rights Commission's 'Formal Inquiry into Disability Harassment.' Her research involved over four hundred victims and survivors.

Susie researches and trains people with a focus on preventing disablist hate crime and tackling domestic violence against disabled people. She works with individuals, councils, police forces and charities to improve safeguarding and justice services. The Northern Rock Foundation funded Vision Sense to provide training for disabled mentors who have experienced violence, to train staff in refuges, rape crisis and Women's Aid groups in the North East and Cumbria. For this issue of

DISCOVER, Susie discusses what we can all do to prevent and tackle the serious issue of 'Mate Crime' in the UK.

So what is Mate Crime?

Steven Hoskin, Raymond Atherton, Laura Milne, Shaowei He and Keith Philpott were all disabled people who were tortured and murdered by people they thought they could trust. These high profile cases have exposed the problems of so-called mate crime against disabled people. Mate crime is sometimes used by the media to describe violence against disabled people at the hands of others who are considered to be friends, partners, carers or relatives. The EHRC Inquiry last year found that violence against disabled people can include physical or sexual assault, abuse, torture, rape, exploitation, theft, fraud and, if it isn't prevented, reported or stopped, can escalate into serious injury and murder.

"I don't think the term, 'mate crime,' is helpful," Susie explains, "The attackers are not 'mates' of the disabled people they target, it doesn't have any legal meaning and can also make the problem sound less serious than it really is. The real risk in this problem is the social isolation of disabled people, which is made worse when we are seen as 'vulnerable'. In user-led organisations, we concentrate on taking down the barriers in society that

disable us, creating safe networks in which we can be part of society in a meaningful way and language like 'mate crime,' doesn't help us gain independent living, rights or safety as disabled people."

Pam Thomas, a disabled researcher and elected councillor in Liverpool, has explained that sometimes attackers have been seen by authorities as 'angels' for caring for or be-friending a disabled person and so abuse is ignored or excused until it escalates, sometimes into more serious injury or death. Pam has explained that mate crime is much more like domestic violence in the way we should tackle it, than like other crimes on the street.

Andrea Hollomotz, a social work researcher, has also shown that disabled people need to know that sexual assault and stealing money are crimes, that disabled people have rights and can be supported to report incidents and enjoy meaningful and safe relationships.

Is it a big problem?

Facts show the high profile murders which gain media attention aren't simply isolated cases but, sadly, the tip of the iceberg. International studies demonstrate disabled women are between twice and four times more likely to be sexually assaulted or experience domestic violence than non-disabled women. There is even greater harm and victim impact when attacks are targeted hate crimes (when disabled people are attacked due to hostility because of who they are or how they look), and identity crimes like these may increase in a recession. Susie explains, "Since the recession started, some areas have seen more attacks against Motability vehicles, or disabled people being harassed because they are (wrongly) thought to have higher levels of benefits than other people out of work. Some disability groups have noticed this is made worse by disablist attitudes in tabloid newspapers or political rhetoric."

Other evidence supports Susie's view that mate crime is not the real problem. Internationally and in the UK, a much higher proportion of disabled people experience violence and rape in institutions (such as nursing homes or segregated schools) than in the community. In Cornwall in 2010, a safeguarding report showed how 57% of abuse took place in people's own homes, with 25% in residential and nursing homes. "But," Susie points out, "25% as a proportion of the population living in institutions is the worst figure, supporting years of research that evidences the real risk of rape or violence is from being in an institution. We have closed many institutions after scandals, but there is a risk of saying that mate crime is the new problem and then disabled people might be forced back into even more unsafe places, with even less safety, choice or control over their lives."

Councils collecting figures about abuse based on the age or impairment of the victim can be a missed opportunity, when Police and criminologists know the greatest risk is often where the person is attacked and the profile of the perpetrator. So, for 2012, we could follow other areas to improve the effectiveness of safeguarding in Cornwall, by involving disabled people's user-led organisations, survivors and criminologists to prevent the predicted rise in attacks.

What can we do about it?

Put safety and security in every disabled person's support plan. Ensure disabled people have circles of support, peer advocacy groups and a disabled people's organisation to help employ our own personal assistants and manage our money safely, so we are not at risk of being isolated, controlled, threatened or attacked by people who might target us.

Improve reporting, advocacy and access to justice by having: accessible, safe, third party reporting centres, where disabled people are believed, can report anonymously and independently, and access services away from the perpetrator without fear of repercussions.

When disabled people do report, less than a quarter are believed, have their case evidence collected as hate crimes, or receive the support they need to ensure they give effective evidence in court. Services must address access and equity in their statutory Equality Schemes. Safeguarding Boards should monitor where crimes happen and conviction rates from cases and include them in their annual reports, sharing information with other areas so patterns of abuse can be tracked and stopped earlier.

Improve independent living options and choices for disabled and older people, so we don't have to live in segregated residential institutions, where we are isolated and more at risk of violence, neglect and rape.

Train staff in councils, the police, NHS, refuges, crisis services and third party crime reporting centres, to all know how to identify, report and tackle risks and work together to make a difference. Receiving user-led training by disabled people about human rights, access to services and tackling disablist hate crime can also make a big difference.

Other recommendations for services are available from the EHRC website briefings on 'Hidden in Plain Sight' and more information, accredited training for authorities, refuges, survivor groups, voluntary services, disabled people's organisations, Public Protection Units and Safeguarding Teams is available from Vision Sense.

T: 0845 1080553

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The Olympic Torch starts its historic journey across the UK in Cornwall on Saturday 19 May 2012.

In Cornwall the Flame will be carried by Torchbearers in the following towns and villages where a variety of activities are being planned to celebrate this exciting event:

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For latest information on activities planned as part of the Olympic Torch Relay throughout Cornwall please visit:
www.visitcornwall.com or
<http://ilovecornwall.com/be-inspired-page/olympic-torch> or
www.cornwall.gov.uk



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 TOUCH TOUR: Sat 1pm,
 SIGNED: Sat 7pm



Save The Last Dance For Me

Mon 11 to Sat 16 June
 AUDIO DESCRIBED: Sat 2.30pm,
 TOUCH TOUR: Sat 1pm,
 SIGNED: Thurs 7.30pm



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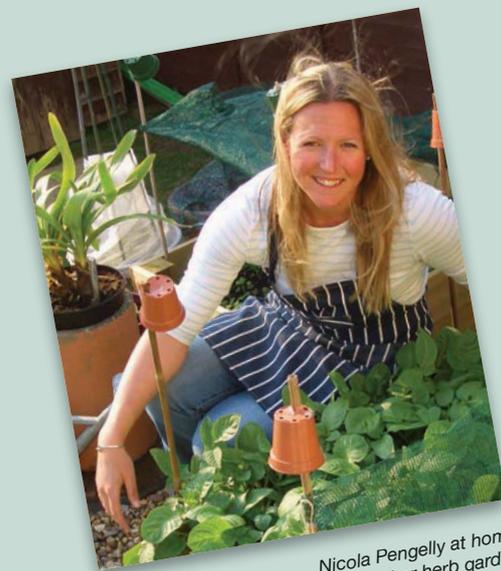
Disability Claim Management

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Chronicles of the Pengelly Belly



Nicola Pengelly at home in her herb garden

I made a promise to myself that in 2012 I would increase my efforts to be creative with packed lunches as there is more to them than the humble sandwich. So, I've started to experiment with quiches. Forget shop bought quiche with bland memories of bacon and egg and soggy pastry bottoms! You can create beautiful, colourful quiches at home and there is nothing to feel guilty about by using shop bought pastry if the thought of making your own breaks you out into a sweat!

Roasted Squash, Caramelised Red Onion and Goats Cheese Quiche



INGREDIENTS

- Half a medium butternut squash, peeled and diced into 1cm cubes
- 2 red onions, peeled and thinly sliced
- 100g full fat soft goats cheese or a strong cheddar
- 4 tbsp olive oil
- Knob of butter
- 2 tbsp balsamic vinegar
- 3 eggs
- 142 ml of milk
- 142 ml of double cream
- 2 tsp of dried thyme
- 1 tbsp runny honey
- 1 packet of shortcrust pastry (or your own)



METHOD

For this recipe you will need a 24cm flan tin with a loose bottom.

Preheat the oven to 200°C / GM6. Roll out your pastry until it's big enough to line the greased tin and press it gently into the sides of the tin. Be careful not to stretch the pastry otherwise when it cooks it will shrink. Trim off any excess, keeping the offcuts to patch up any holes if necessary. Prick the base of the pastry with a fork and line with crumpled greaseproof paper and weigh down with baking beans or dried rice for blind baking. Place on a baking tray and pop in the oven for 15 minutes.

Remove from oven and reduce the temperature to 180°C / GM4 and remove the greaseproof paper and baking beans. Pop the tin back in the oven for a further 10 minutes. Blind baking prevents your pastry going soggy when you add the quiche ingredients. Remove from the oven and brush the pastry with egg white to act as a sealant and to help prevent any leaks.

Now onto the filling. Place the diced squash, thyme, runny honey and 2 tbsp of olive oil in a roasting tin and roast in the oven for 20 minutes at 180°C / GM4 until the cubes are soft and starting to brown. Place aside to cool.

On the hob, in a large frying pan, add the remaining 2 tbsp of olive oil and a knob of butter. When the butter has melted, add the onions and balsamic vinegar and let it reduce over a low heat to caramelise, taking about 20 minutes.

To make the egg filling, put the milk, double cream, 2 eggs and 1 egg yolk into a measuring jug. Season with salt and pepper and give the mixture a good stir so everything is combined.

To compile your quiche, place the red onions over the bottom of the pastry case, scatter the squash and crumble over the goats cheese. Pour the egg mixture gently over the filling. Place the quiche back in the oven at 180°C / GM4 for 30 / 40 minutes or until the top looks puffy, golden and set.

Leave to cool slightly before turning the quiche out of the tin. Enjoy with a green salad.

You can play around with the main filling ingredients and add what you like as long as you stick with the egg filling ration, nothing wrong with a bit of experimentation once you get the basics right!



Trengwainton tea rooms

By George & Ann Le Hunte

Our favourite accessible garden in West Cornwall is the National Trust's (NT) Trengwainton, which also has a wonderful tearoom. The gardens are beautiful throughout the year, but like others, are at their glorious best in the spring. A route map for wheelchair users shows the safe paths to take and good accessible toilets are provided in the tearoom and car park.

After arriving at the car park specifically designated for blue badge holders, walk through the arched gateway into the secret walled garden and here you will find the tearooms. Run by Nicola Osborne and her friendly team, it's set outside of the admission gate and can be visited independently of the gardens. The tearoom has won many food awards including the Cornwall Tourism Gold Award for 'Cafe of the Year' in 2010.

It's a beautiful spot to pop in for light lunches, gorgeous cakes and cream teas. The staff seem passionate about their creative cooking, ensuring you'll discover a wide variety of mouth-watering homemade food.

From cakes and scones to the extensive lunch menu on the wall, you'll find a large choice of tasty treats including freshly prepared sandwiches, oven baked jacket potatoes and locally baked Panini's, with a wide



selection of different fillings. Sandwiches, served with a variety of breads, salad garnish and crisps cost around £5.75.

Along with their set menu, there are soups and bread costing £4 and a range of 'specials' all created to order. Oven roasted jacket potatoes with coleslaw and bread, are priced around £6.75 complete with fillings like brie and caramelised red onion, or bacon, cream cheese and chives, to name but two.

A fantastic Cornish cream tea costs £5.70 and there are many tea cakes, desserts, ice creams, drinks and also children's picnic boxes available to purchase.

The tearoom is a Swedish style conservatory and can seat 50 people. The walled garden itself is a sun-trap and outside seating is provided. If you prefer shade, you can sit under the specially made sails where there is bench seating for 60, with gaps for wheelchair users. Picnic rugs are available should you wish to have your lunch on the lawn. The garden is an ideal place where children can play safely while you are eating outside.

The annual NT Access Guide, free to NT members, provides excellent information about the accessibility of all NT sites. Manual wheelchairs and mobility scooters are available to borrow at many of the larger gardens. A free 'Access for All' card is available for the carer / companion of a disabled person.

Trengwainton Tearooms

Madron

Penzance, TR20 8RZ

T: 01736 331717

E: tea@trengwaintontearooms.com

Open 10am - 5pm Sunday to Thursday with last food orders 3.30pm and closed during November, December & January.

Sudoku

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

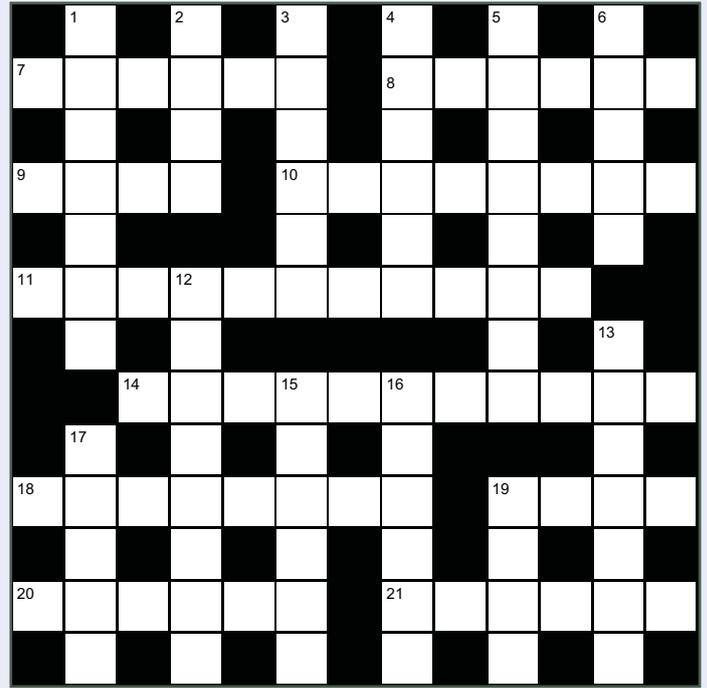
Brain-teaser

To help keep the old brain working, see if you can figure out what these seven words all have in common.

1. Banana
2. Dresser
3. Grammar
4. Potato
5. Revive
6. Uneven
7. Assess

Look at each word carefully as you'll probably kick yourself if you have to turn to p45 to discover the answer!

Quick Crossword



ACROSS

7. Food for pandas (6)
8. Smoothed out (6)
9. Type of cabbage (4)
10. Ended (8)
11. An MP who doesn't hold ministerial or shadow ministerial office (11)
14. Star sign (11)
18. New York's theatre district (8)
19. Hinged barrier (4)
20. Artist (6)
21. Vegetables (6)

DOWN

1. Travelling home (7)
2. Musical instrument (4)
3. Drink (6)
4. Eat outdoors (8)
5. French 'Mr' (8)
6. Style of hat (5)
12. Volcanic island (8)
13. String of small flags (7)
15. Toward the centre or interior (6)
16. Actress: Liz..... (6)
17. Command (5)
19. Hold firmly (4)

If

- If you can start the day without caffeine,
- If you can always be cheerful, ignoring aches and pains,
- If you can resist complaining and boring people with your troubles,
- If you can eat the same food every day and be grateful for it,
- If you can understand when your loved ones are too busy to give you any time,
- If you can overlook it when those you love take it out on you when through no fault of yours, something goes wrong,
- If you can take criticism and blame without resentment,
- If you can resist treating a rich friend better than a poor friend,
- If you can face the world without lies and deceit,
- If you can conquer tension without medical help,
- If you can relax without alcohol,
- If you can sleep without the aid of drugs,
- If you can honestly say that deep in your heart you have no prejudice against creed, colour, religion, gender preference, or politics.



Then well done. You have reached the same level of development as your dog!



Competition winner

Congratulations to Ms Salmon of Penzance, whose successfully completed wordsearch was the winner of our last competition for the Trabasack, a bag designed to be of particular use to wheelchair users which can also operate as a handy lap table.

The Rough Guide to Accessible Britain

We have an invaluable travel guide as the prize for this competition. Packed with 180 inspiring days out, all reviewed by an enthusiastic and dedicated team of disabled visitors, this guidebook is for anyone with accessibility needs.

DISCOVER is offering a copy of the guide as a prize to the first three lucky readers who correctly identify the landmark on the front cover of the guide.

Send your answer, name and address either on a postcard to:

Accessible Britain Competition
 Disability Cornwall
 Units 1G/H, Guildford Road Industrial Estate,
 Guildford Road, Hayle, Cornwall TR27 4QZ

Or email it to:
discover@disabilitycornwall.org.uk

Good luck!



Photos by Geoff Squibb

The sudoku, crossword and brain-teaser answers are on page 45





Valerie gets connected

To many, the idea of learning computer skills to shop, gather information and stay in touch online may seem beyond possibility. But it can prove to be a valuable and rewarding lifeline as Valerie Rowe, of Hayle, discovered when she signed up for beginners' computer skills classes run by the charity Citizens Online.

The classes were held at Leedstown and run in partnership with Superfast Cornwall and Cornwall Library Service. Superfast Cornwall is a programme funded by the European Union, BT and Cornwall Council and managed by The Cornwall Development Company, which is rolling out superfast fibre-optic broadband across Cornwall and the Isles of Scilly.

Valerie had feared being partially-sighted would create a barrier to using computers, but was delighted to find she could adapt the computer screen to her needs and make real progress.

"I was particularly interested in learning to use Skype to make video calls to my son and his family in Thailand and my sister in South Africa, and thanks to the patience and support of the volunteers, I can! It feels like I'm speaking to them in person and I feel closer to them. I can even see my grandchildren growing up. Being online has made my life so much easier and I can connect with people even though my sight has been affected."

To find out more about classes running near you, or to volunteer to help run a local series of classes, contact Jay Chapman, Project Coordinator for Get IT Together Cornwall.

T: 07764 936774

E: jay.chapman@citizenonline.org.uk

For further information, visit www.superfastcornwall.org, which is speech-enabled with BrowseAloud technology.

DIAL: Benefit cuts funds ending welfare reforms what's the real story?

With publicity over the welfare reforms frequently forming media headlines, here is our latest attempt to cut through the red tape and confusion surrounding the many announcements emanating from Westminster

The replacement for Disability Living Allowance (DLA), the Personal Independence Payment (PIP) seems to be on course for implementation next year, although the qualifying period for the new benefit has been changed from the planned six months to three, bringing it in line with DLA.

Assessment for PIP will be 'points based' with people assessed under their ability to perform certain 'activities'. It will be divided into a Daily Living Component and a Mobility Component, with both having standard and enhanced rates. A person would need to obtain 8 points to qualify for the standard rate and 12 points to qualify for the enhanced rate. People currently on DLA will be reassessed to see if they qualify for PIP between April 2013 and March 2016 as there will be no automatic entitlement and everybody will be assessed under the same criteria.

Employment Support Allowance (ESA) and the required medical that claimants have to go through have resulted in many complaints and appeals. The process of moving people from Incapacity Benefit over to ESA continues, as do the high number of appeals lodged when people have been found available for work. Even when accepted onto ESA, many are being placed in the 'work group' as opposed to the 'support group'. There is an appeal process for people who feel they are placed in the wrong group. It's worth remembering where Incapacity Benefit is combined with the means-tested Income Support, both will move over to ESA, which also contains its own means-tested element.

At present, Attendance Allowance, Carer's Allowance and Pension Credit appear to remain untouched by the proposed changes.

The larger project of Universal Credit, which will replace Income-Based Jobseekers Allowance, Housing Benefit, Tax Credits, Income Support and Income-Based ESA, is essentially a scheme to bring the majority of benefits and allowances under a single heading, with the overall

aim of encouraging people back to work and supporting them while in work. Details are gradually emerging from the Department of Work and Pensions on how it will operate and as this becomes clear we will update you.

Please remember this information is correct at the time of this edition of DISCOVER going to press.

DIAL retains its Community Legal Standard



The Assessment Network audits DIAL every other year to ensure its service to members of the public continues to provide information and advice of the highest possible standard.

DIAL Manager, Theresa Court, said: "We were all thrilled to retain the standard as its very prestigious and a vital award for our service to maintain."

The Community Legal Standard General Quality Mark covers seven key areas of delivery, including access to the service, running of the organisation, meeting the needs of the client and commitment to quality.

As always, if you have any queries or concerns about your benefits and entitlements, please contact DIAL.



Disability Information & Advice Line

Free Independent Impartial

Our qualified advisers assist disabled people, their families and professionals. We provide 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

A new course to build life skills

An innovative new course designed to help adults with learning difficulties to build life skills has been launched by the national charity, Home Farm Trust (HFT).

The course, named COAST (Community Opportunities at St Austell), began in January and is aimed at empowering people with the skills and confidence to take an active part in their local community. It's the first course of its kind to be run by HFT, who provide local support for people with learning difficulties and their families in creative, resourceful ways so individuals can live the lives they want.

The 50 week course covers a range of different topics such as learning how to use a computer and public transport as well as training on road safety, finding opportunities for work experience, managing money and budgeting.

With most of the time spent out in the community, COAST will take place two days a week and include six hours of training a day.

Patrick McLaughlin, Project Manager, said: "At a time when finances are being tightened as a result of budget cuts, it becomes increasingly important to offer a resourceful approach to support individuals to make choices about the life they want. COAST takes a hands-on approach to learning and is all about empowering people with the skills and confidence to both feel and take an active part in their community. It is open to anyone who would like to increase their confidence but maybe particularly useful to people making the transition from child to adult services."

Among those taking part is Donna who recently moved from a residential home in Saltash to a new supported living house with three other people in St Austell.

"I decided to sign up for the COAST project as it offered me support to get to know where all the shops are and use places like the bank, post office, and leisure centre," said Donna. "I also want to make use of public transport, especially the trains so I can visit my family and other places that interest me."

There are some spaces still available for the course which costs £39.50 a day. If you would like to find out more then please contact Patrick McLaughlin.

T: 01726 77611

E: Patrick.mclaughlin@hft.org.uk



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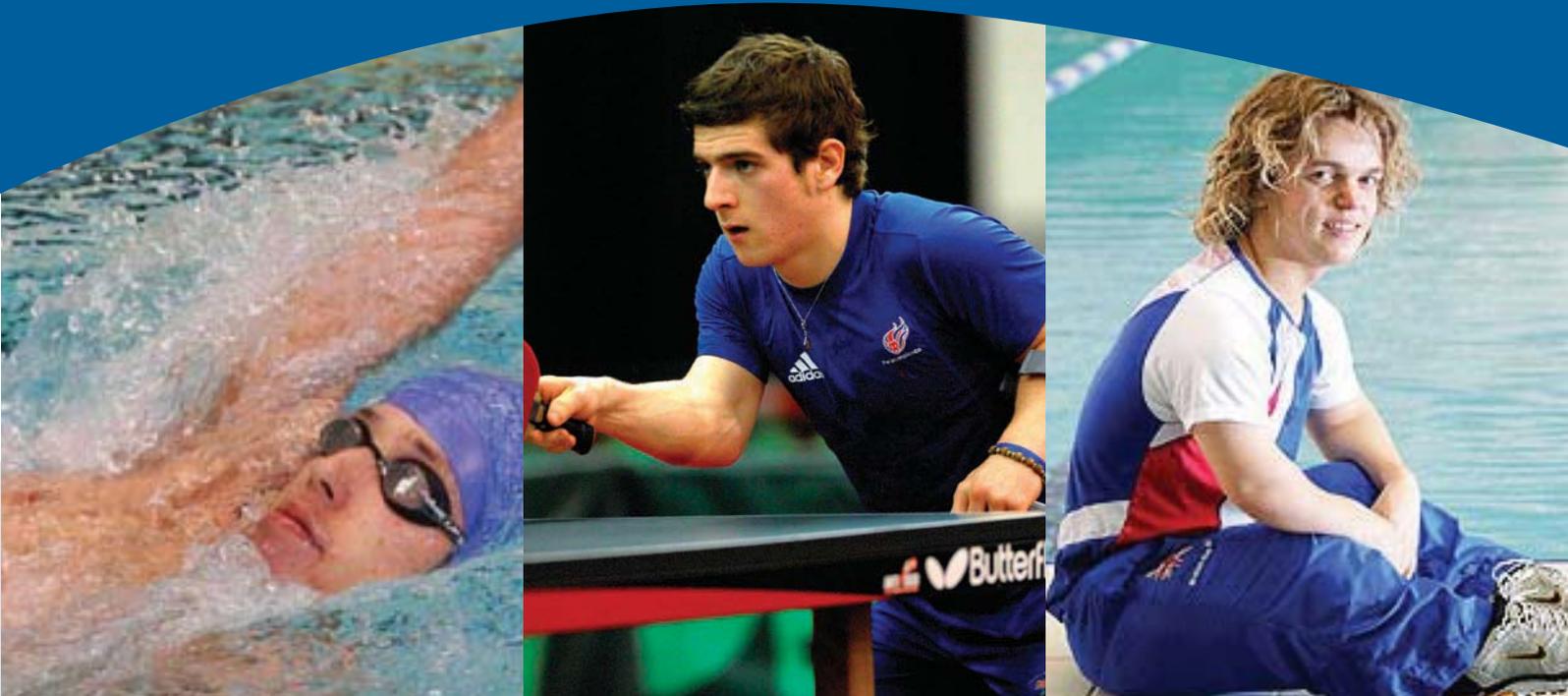
029 212 54321 info@laspiedras.co.uk

An Apology

The article **A National Disgrace**, in edition 13 of *DISCOVER*, included the following sentence – **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.** This could be seen to imply that somehow the Home Farm Trust, now known as HFT, was linked to these hideous murders.

We would like to clarify this was not intentional and the point the article's author, Reg Broad, was trying to make was if Steven had been connected to these homes he could well be still alive. It was not meant to be a criticism of HFT and *DISCOVER* apologises for any upset or confusion it may have caused.

SPORT & LEISURE



Left to right: Jonathan Fox, David Wetherill & Matt Whorwood

Cornish hopes for Paralympic glory

This is the last DISCOVER before the Olympic & Paralympic Games this summer and here we feature three of Cornwall's top athletes to watch out for

Matt Whorwood

Born: 1989

Sport: Swimming

Matt's favourite event is the 400m freestyle in which he won a Paralympic bronze medal in 2008. In London, Matt's biggest rival in his favoured event is likely to be Sweden's Anders Olsson, a three-times Paralympic gold medallist and two-times world champion.

"At the moment he's a bit in front of me, but he's an old boy at 45 years old, a veteran warrior of the sport." Matt says, grinning. "I've got age and fitness on my side and I'm catching him year on year. Hopefully I'll beat him to win a gold medal in the 400m freestyle in 2012, that's the plan. But I hope to be competing in two or three events at the London Paralympics."

Matt, from Newquay continued: "I'm definitely excited about London, but there are plenty of pre-race nerves to get through."

David Wetherill

Born: 1990

Sport: Table Tennis

David is from Torpoint and competed at his first Games for Paralympics GB in Beijing 2008. He is a University of Sheffield chemistry graduate, who is now training at the English Institute of Sport in Sheffield in preparation for London 2012. David's highest World Ranking is No.2 and he reached the quarter finals in the Beijing Paralympic Games.

He is currently ranked seventh in the world for the class six category for disabled athletes who can stand. David has a bone condition called multiple epiphyseal dysplasia, which affects the growth of all his long bones and joints.

"I am really happy to be part of Paralympics GB and the Games are not far away," he said. "We have all been training really hard to get to this point and this will intensify over the coming months."

David missed out on the medals in Beijing but hopes that four years of training and experience can help him go further. "Competing in Beijing was a great experience but there will be a different atmosphere in London," he said.

"The Paralympics are a really good opportunity to showcase our sport and demonstrate what disabled athletes can achieve."



DISCOVER *sports*

Jonathan Fox

Born: 1991

Sport: Swimming

Jonathan has been making great progress, particularly since he broke the world record in the 100m backstroke at the World Championships in Eindhoven.

Originally from St Stephen, but now living in Manchester to take advantage of the high performance facilities, Jonathan recently broke two world records at the European Championships in Berlin.

Jonathan said: "Since upgrading my training by going to Manchester I feel ready for the Paralympic Games. I didn't have a gym back home but I have been doing consistent gym work here in Manchester."

Like all athletes, Jonathan's main aim is to peak at the 2012 Games and the European Championships has left him feeling pretty good. "That was a big stepping stone for me. It was a lead-up competition to the Games and it allowed me to see where I am at. I'm 20 now and trying to get all these little finite details right is my main goal. I feel if I do that I will be in good shape for the Paralympics."



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The Quest 88 range of cycles includes fixed and freewheel tricycles, recumbents, handcycles, tandems, side by side and wheelchair tandems.

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8 get Active in the skies

When the current members of Active 8 arrived at Perranporth airfield, it heralded the biggest challenge they had faced in their time with the charity. Active 8 offers a two year programme to a small group of disabled young people to realise their abilities through challenging activities.

"We decided to do a sky jump to raise money and have fun" said Nick, who organised the big event.

As the young people waited for the briefing before the jump, some were scared and nervous. "It's not the jump I'm worried about, it's just being on the edge" said Heather, 19. However, it didn't all go to plan anyway, as the inclement weather kept everyone firmly on the ground, but as Mark, 20, said, "The positive aspect of not jumping today is that we have extra time to get more sponsorship money!" Fair point!

Eventually, later in the week, the weather held up enough to make it possible for the Active 8 members to plummet 10,000ft to the ground, and all the jumpers were delighted. Nick, 24, said of the experience: "It was amazing, I felt like the lightest thing, as if there was nothing inside me."

For some of the young people, plans are already being made for a spot of solo jumping!

Active 8 would like to thank all the young people and sponsors for raising over £3,000, with special thanks to The Cornish Parachute Club and Riders Land Rover in Truro for their support.

A new sand chair for Polzeath beach



Sandchairs, or all-terrain wheelchairs, have been providing people with mobility impairments the opportunity to access and enjoy some of Cornwall's wonderful beaches. Now, thanks to another generous donation from the Quinnian Trust, a second chair is available for the public to use on Polzeath Beach, near Wadebridge.

Steve Paget, Chair of Disability Cornwall said: "Just because you have a disability, it doesn't mean you shouldn't be able to access the same facilities as everybody else. Sandchairs help ensure disabled people can also enjoy some of our county's most beautiful beaches."

was set up in 1989 by a group of people committed to supporting communities in North Cornwall, in particular where activities are associated with maritime pursuits. Its trustees and members are either resident in Cornwall or have a long association with the county.

The sandchair has specially designed large inflatable wheels, which make crossing soft sand much easier. The Polzeath sandchairs are available throughout the summer during lifeguarding hours (10am to 6pm) from Wavehunters Surf School, based at the top of the beach. There is no cost associated with the hire of the chair, just a small deposit, which will be refunded following the chair's safe return.

Jolyon Sharpe, Senior Beach Ranger for Neighbourhood Services said: "This additional sandchair is a great asset for Polzeath. Through the funding provided by the Quinnian Trust and support from Disability Cornwall and Wavehunters Surf School, we are now able to provide a better service to people who may otherwise struggle to cross the sand. Everyone concerned is very grateful to the Quinnian Trust for their fantastic donation."

Anyone interested in hiring the sandchairs located at Polzeath, should contact Wavehunters Surf School.

T: 07969 660014

For further information about the availability of all Cornwall's sandchairs, please contact DIAL.

T: 01736 759500



This is the third sandchair to be funded by the Quinnian Trust who, over the last 14 years, has made grants in excess of £50K to some 26 organisations, all of which are based in Cornwall or provide local activities. The Quinnian Trust



ABILITY COUNTS FOOTBALL

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Officer for more information**

on 01208 262986 / 07846 293067

warren.parker@cornwallfa.com

for more details



Disability
Golf

Tee-ing off



The Cornwall Golf Partnership has been awarded over £1,000 from the Cornwall Sports Partnership to create access to golf for disabled participants in the county. The funding has come from Sportivate, a Sport England initiative targeting semi-sporty teenagers and young people to provide them with the opportunity to try and become regular participants in new sports.

The Cornwall Golf Partnership will be delivering projects offering disabled participants all over Cornwall the chance to try the sport. The first of these projects will be in the west of the county where eight disabled people, introduced by the John Daniel Centre in Penzance and the Murdoch & Trevithick Centre in Redruth, will have the chance to give it a go.

Two weeks of coaching at both day centres will be followed by four weeks of coaching at Hayle Golf Centre. There will be specially adapted equipment so wheelchair users will also be able to take part in coaching.

The Cornwall Golf Partnership will be training staff and volunteers at both day centres and all the participants will be offered the opportunity to continue with the sport at weekly roll-up coaching sessions. Opportunities will be expanded during the year by training groups and individuals to deliver the sport to disability groups.

If you would like more information, please contact the Cornwall Golf Development Officer, Simon Wood.

T: 07971 624313

www.cornwallgolfpartnership.co.uk



**All Ability and All Inclusive Cycling
Networking Conference**

Friday 27th April 2012

Newquay Sports Centre

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Hosted by:

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For more information please go to

www.cycleability.org.uk/pages/conference.htm

or email disabledcycling@cycleability.org.uk

Outset Cornwall offers fully-funded business start-up support right across Cornwall specifically designed to set you on the road to business success.

Success story



Amy Rice, PA Agency

**Be your
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Now there's an idea!

With Outset Cornwall

Taking on a member of staff is a big step for any employer. Amy Rice was faced with this decision before even launching her business.

Amy's severe arthritis has meant that for the last four years she has employed her own personal assistant (PA). Using funds provided by Cornwall Council in the form of a Personal Budget, she was able to organise her own care. It was this process that inspired Amy to start her own business, helping those in a similar situation to herself when trying to find a carer.

"The idea of employing somebody caused me a lot of worry and stress as I was unsure of where to begin. I wanted to help others in the same position as me to feel confident in finding the right PA while maintaining maximum control."

To ensure her business idea became a reality, Amy came to Outset Cornwall to expand her overall knowledge and confidence. By attending the Business Start up sessions she was able to put together a comprehensive business plan.

"By joining Outset Cornwall I was able to challenge my thoughts to make sure I was planning correctly and not overlooking crucial parts of running my business."

Amy's new business, PA Agency, supports anyone who wants to employ a PA, whether they receive help from the local council or pay out of their own funds. This includes helping her clients in all aspects of recruitment, from advertising the vacancy, to providing help with the interview process.

Amy's business is now growing from strength to strength. With the help of Outset's Business Accelerator programme, Amy is benefitting from additional support through coaching and specialist workshops to help her business develop further in the first year of trading.

So what does the future hold? With plans to recruit somebody, Amy is now launching the business as a social enterprise. Her Business Coach Heather Forster explains:

"Together, we were able to work on what Amy's barriers were and how to overcome them, enabling her to take the plunge and go for it! With the Business Accelerator support Amy has taken her business forward quickly, eliminating many of the mistakes people can often make in the early days, which good coaching can prevent. I have no doubt she will make a success of this business."

To find out about how Outset Cornwall can help you to launch your business, why not call our experienced and friendly team on **0800 917 4324**, or simply **text the word IDEA to 64446** and we can call you!

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www.outsetcornwall.co.uk
for more information.

Joint Committee on Human Rights Says Rights of Disabled People May be at Risk

The Joint Committee on Human Rights has published a report on the implementation of the right of disabled people to independent living, in the context of the UN Convention on the Rights of Persons with Disabilities (UNCRPD) ratified by the UK in 2009. The report draws attention to a number of significant human rights issues, including: a need for legislation to protect the right to independent living in UK law, the effect of current reforms to benefits and services on the ability of disabled people to enjoy independent living, the use of equality impact assessments and hate crime.

The right to independent living does not exist as a freestanding right in UK law. Although it is protected and promoted to some extent by a matrix of rights, the Committee believes this is not enough. It argues the Government and other interested parties should immediately assess the need for, and feasibility of, legislation to establish independent living as a freestanding right. In addition, the Committee concludes the UNCRPD is hard law, not soft law, and the Government should fulfil their obligations under the Convention on that basis, and counter any public perception that it is soft law.

The Committee finds that:

- reforms to benefits and services risk leaving disabled people without support needed to live independently
- restrictions in local authority eligibility criteria for social care support, the replacement of the Disability Living Allowance with a Personal Independence Payment, the closure of the Independent Living Fund and changes to housing benefit risk interacting in a particularly harmful way for disabled people

- some people fear the cumulative impact of these changes will force them out of their homes and local communities and into residential care.

It also finds that the Government has not conducted an assessment of the cumulative impact of current reforms on disabled people. The Report urges them to do so and to report on the extent to which these reforms are enabling them and local authorities to comply with their obligations under the UNCRPD. Further, the UNCRPD did not appear to have played a significant role in the development of policy and legislation, as is required by the Convention. The Committee therefore argues the Government should make a commitment to Parliament they will give due consideration to the articles of the Convention when making legislation.

The Committee deprecates changes to the duties of public authorities in England under the Equality Act 2010, which no longer require the production of equality impact assessments of changes in policy, nor the involvement of disabled people in developing policies which will affect them.

The Committee also considers a range of other issues relating to independent living. It recommends the Government should take further action to ensure assessments for care needs are portable across the country in order to ensure disabled people's right to choose their place of residence. It also expresses concern over a growing incidence of hate crime against disabled people and urges the Government to take action to foster respect for their rights and dignity.

Dr Hywel Francis MP, Chair of the Committee, said: "We are concerned to learn the right of disabled people to independent living may be at risk through the cumulative impact of current reforms. Even though the UK ratified the UNCRPD in 2009 with cross-party support, the Government is unable to demonstrate that sufficient regard has been paid to the Convention in the development of policy with direct relevance to the lives of disabled people."



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
Wheelchair Referral Service	01736 751922
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

HEALTH

Community Health Services PALS (Patient Advice & Liaison Services)	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
RGHT 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
Pentreath Ltd	01726 862727
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 /counselling 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

SHOPMOBILITY

Camborne	01209 715457
Falmouth	01326 313553
Newquay	01637 854020
Penzance	01736 351792
St Austell	01726 70706
Truro	01872 241813

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
Summercourt 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
Women's Royal Voluntary Service	0845 6014670



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£220 - £745 per week

Accessible site facilities include a restaurant, bars, take away, shop, bakery, games room with arcade and pool tables and a birds of prey centre.

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www.monkeytreeholidaypark.co.uk

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- Garden area with table and chairs
- Sleeps a maximum of six people in two accessible twin bedrooms with additional space in lounge
- Flat screen TV and DVD
- Low level kitchen
- Large fully accessible shower room