

Issue 17 – Winter 2019

DISCOVER

FREE



David Wetherill

We interview Cornwall's three time Paralympian as he qualifies for Tokyo 2020

Care & Support Awards 2019

Every Customer Counts

The kitemark for disability access is finally here

Plus information, community support services, reviews, the latest tech, your letters, stories and more!

Welcome

Welcome to the 17th edition of *DISCOVER*. Our regular readers will know it was decommissioned for a few years, but because a trial edition this summer was so well received, we are delighted to tell you it's now back and three editions per year will be produced from now on!

So what's inside? Nothing short of a feast of people's stories and essential information as well as showcasing some of the great support available in our community and opportunities with which to engage.

We are delighted to feature our new patron, David Wetherill. His story is full of challenges and optimism as he looks ahead to the Tokyo 2020 Paralympic Games. Read about some great new initiatives, Village Works and Inclusion Matters, here to support people and connect our community and the Inclusivity Project, encouraging diversity in business.

We are chuffed to introduce Humans of the Peninsula (Hope) where we feature wonderful stories from local people, including some from very young people, from boxers, to rowers, signers and bloggers!

DISCOVER is your magazine. We are all about citizens' journalism and encourage you to share your stories with us to help raise awareness of local issues and tell us what's happening in your community, so we can share it with others.

We hope you enjoy reading it as much as we enjoyed bringing it to you.

With love and best wishes for a peaceful Christmas and promising New Year.

The *DISCOVER* Team

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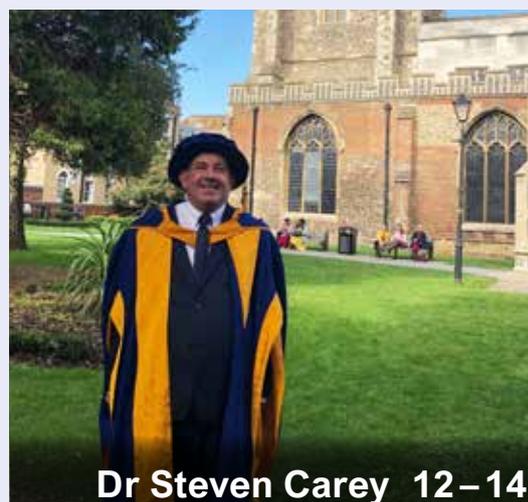
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Three Cheers for the Winning Crew

by Naomi Stevenson





I got involved with gig rowing completely by chance. When we moved to Cornwall a few years ago, my partner and I wanted to get involved with some sort of water sports at sea, but had no idea of what exactly. Although we are both registered blind, we have some useful remaining eyesight and we did not want to get involved with your typical disabled group, as we are very independent people who want to function in the sighted world.

My sister who has lived in Cornwall for many years, happened to mention about there being a blind rowing club at Newquay. Having searched online, we found the Cornish Rowing Association for the Blind (CRAB). We were warmly welcomed despite having no previous rowing experience and after just a couple of rows with the rest of the crew, it was as if we had been rowing with them for years, such is the camaraderie. CRAB is made up of both men and women and we have a mix of completely blind, partially sighted and fully sighted rowers. There are six rowers and one coxswain in the boat at any one time.

At first, I found it tricky getting the technique right and keeping in time with everyone else, especially as I am very petite! The oars seemed far too heavy and the stretcher you push against to power through your legs was too far away from the seat. However, I persevered, and with a few tweaks and Kate Poole being an amazing coxswain, I soon got the feel for it and learned to listen to the pins (the small pieces of wood slotted into the gig's side and which the oars move between, keeping them in the correct position). Now when we take to the water for a leisurely weekend row, I can relax into the rhythm and enjoy the scenery as we row out

of Newquay harbour and along the coastline to wherever the mood, time, tide and our stamina will allow. Also, we always finish with a social drink in the clubhouse.

Through CRAB I have met some great people, who do not put disability at the centre of everything and do not feel bound by disability political correctness, as we're all in it together as a team. We're just a group of ordinary people from all walks of life, where some have slightly dodgy eyesight! It was also through a casual conversation with another CRAB crew member in the clubhouse one day that I found out about an opportunity which has subsequently become my current paid employment as an adviser supporting disabled people.

CRAB take part in the World Pilot Gig Championships on the Isles of Scilly and have done so for the past 20 years. The club organises all transport and accommodation for rowers to participate in this. CRAB also took part in the Great River Race on the Thames in London, in September 2018. In addition, CRAB benefit from much of the proceeds from the annual St Agnes Pasty Making Competition, which is great fun.

CRAB are always looking for new members as the more of us there are, the more frequently we get to row as there are more people to fill in when crew members are unavailable. So if you are interested, check out CRAB on Facebook and you'll be more than welcome to join the crew.

If you would like to contact CRAB:

@ info@gigrower.co.uk

f crabrowing



CORNWALL
LINK

IMPROVE
WELLBEING

GET
ACTIVE

STAY
HEALTHY

INCLUSION
MATTERS

SPECIALIST
SUPPORT

INCLUSION MATTERS

is a new service that aims to make it easier for residents of Cornwall to find out the information and advice they need to increase their well-being, stay healthy, get active and increase their connection to their community.

HELPLINE: The first port of call for people to find out about groups, activities and other opportunities. Our trained advisers will assist you to find out what's going on in your area and signpost you for further support.

CORNWALL LINK: Cornwall Link is the website to find out what's going on in Cornwall - from social groups to peer groups, walking groups to helping a group - there are lots of opportunities to explore. Community Groups and Organisations can also use the platform to share their activities and opportunities.

SPECIALIST SUPPORT: Inclusion Matters knows that sometimes we need a little more support to take part in activities and groups or that we can have a range of issues that need tackling. Through our specialist support we can help you with things like fuel poverty, employing a personal assistant, or getting back to work.

SUPPORT FOR COMMUNITY GROUPS:

We think community groups are at the heart of the places we live and work and that these groups need support too! Through our Community Asset Team we can offer support and training to community groups to access funding, build skills and capacity and share events/resources.

SUPPORT AFTER A HOSPITAL STAY:

We know that a hospital stay can be daunting and the importance of support when you get back home. Our Hospital Discharge Worker will support you to have an action plan so that your recovery and recuperation goes smoothly.

GET ONLINE: We understand that using the internet can feel like a daunting task if you don't feel you have the confidence or skills you need, or you just simply don't know where to begin - we will be able to support your first steps and show you just how to gain all the benefits of being online.

GET INVOLVED: There are a number of ways you can get involved with Inclusion Matters such as volunteering assisting our Community Coaches. Please contact us to find out more.

01872 266383
www.cornwall-link.co.uk

Food for Change

Camborne, Pool and Redruth

Cornwall Food Foundation's 'Food for Change' programme uses growing, cooking and trading activities to inspire change. It is a completely free programme funded by the European Social Fund and is open to anyone who is currently out of work or full-time education.

☎ 01872 277150

🌐 www.cornwallfoodfoundation.org

Accessible Kayaking

Hayle and Clowance Estate near Camborne

Inclusive kayaking for people with additional needs. Get more active and try a new adventure in a supportive environment.

☎ 07845 204040

🌐 www.lizardadventure.co.uk

Creative Spaces

Dementia-Friendly Nature Based Groups

Creative spaces in the community supports people living with dementia, their families and carers in rural communities.

Every Wednesday morning, they go for a walk in the St. Austell area.

☎ 01726 222900

🌐 www.sensorytrust.org.uk

Blokes that Brunch

St Dominick, Saltash

Blokes That Brunch aims to encourage social engagement for isolated and lonely older people, who want good company in a safe and welcoming environment.

☎ 01579 383497

@ terry@terrybolt.plus.com

SEEDS Cornwall

A group of female survivors of domestic abuse committed to influencing and improving agency responses and service delivery, for other women and children living with domestic abuse.

Members receive training, including presentation skills so they can better represent the voice of survivors and work with the media to further raise awareness.

☎ 07910 995376

🌐 www.seedscornwall.org

GOFA (Good Old Furniture Available)

A community re-use project for unwanted goods.

They provide donated furniture and household electrical goods at affordable prices to people on low incomes, so they can furnish their homes.

☎ 01736 369847

🌐 www.gofa.org.uk

A photograph showing two hands clasped together in a supportive grip. The background is a soft, warm orange color. The word "Cornwall" is overlaid in large, white, sans-serif font across the bottom of the image.

Cornwall

A photograph showing two hands clasped together in a supportive grip. The background is a soft, warm pink color. The word "Link" is overlaid in large, white, sans-serif font across the top of the image.

Link

www.cornwall-link.co.uk

Loss Grief and Beyond

Perranporth

A monthly drop-in on every third Tuesday of the month from 2–4pm for:

- Conversations
- Support and information
- Tea and cake
- A quiet space
- Wellbeing workshops
- Bereavement support.

✉ Boscawen Road, Perranporth, TR6 0JX

Face 2 Face Oasis Group

Lescudjack Centre, Penzance

Weekly sessions where parents of children and young people with additional needs of any kind, can meet to provide each other with informal support and information.

☎ 01326 560417 / 01872 302412

🌐 www.face2facecornwall.org.uk



Chair and Standing Pilates

Mullion

This class for people who struggle to get up and down from the floor, consists of around 50 minutes of exercise, which can be done seated, standing or a mixture of both.

Run by Lynn Wise, a Body Control Pilates certified teacher with a specialist qualification in Pilates & Bone Health, the classes are also suitable for people with osteoporosis.

☎ 01326 290360

🌐 www.lizardpilates.co.uk

Connecting you to your community

The Well-Being Café

St Columb Major

The Well-Being Café takes place each Thursday morning, 10am–12 noon in the Columba Centre. It provides entertainment, social activities and a helping hand to find support from outside agencies. It's a place to meet others, relax and share experiences over a cup of tea.

☎ 01637 889682

🌐 www.oasiscentre-cornwall.org.uk

Talking Café

The Old Cheese Shop, Truro

Everyone welcome! Pop in and join us, in association with Community Connect Truro.

@ sharon.nettleton1@nhs.net

Lanhydrock Ostomist Group

This support group for all ostomates meets every third Wednesday of each month, 2–4pm.

All ostomates, partners, friends or carers are very welcome.

☎ 07980 432072

Launceston Parkinson's Group

A local group that meet on the first Tuesday of each month, for you to meet other people affected by Parkinson's in this area.

☎ 01566 785798

🌐 www.parkinsons.org.uk

INCLUSIVE DANCE CLASSES

Tuesdays - Hip Hop

5.45 - 6.45pm (Weekly Term Time)
St John's School, Camborne

Wednesdays - Dance and Movement

6 - 7pm (Weekly Term Time)
More Choice, New Cut, Redruth

Saturdays

Open Dance workshop 10 - 11.30am

Performance Dance Group 12 - 1.30pm

Sessions run every other Saturday, contact for dates
More Choice, New Cut, Redruth

All classes are inclusive, accessible, engaging and fun aimed at improving health and confidence. Classes are suitable for young people up to 25yrs of all abilities

Classes are £3 per person

Delivered by:


IGNITE YOU

Contact Becci Gowers

E: becci@igniteyou.org.uk

M: 07854 329849

www.igniteyou.org.uk

 [IgniteYou01](https://www.facebook.com/igniteyou01)

 [igniteyoucornwall](https://www.instagram.com/igniteyoucornwall)



**NATIONAL
LOTTERY FUNDED**



We are delighted to say the International Day for Disabled People on 3 December is the official launch date of Every Customer Counts. A perfect fit because the theme for this year's day is 'The Future is Accessible!' Finally, disAbility Cornwall & Isles of Scilly have created a kitemark for accessibility, which has been long called for by disabled people and their representative organisations.

Despite 24 years of disability discrimination legislation, we are constantly hearing of the difficulties our members still experience in accessing goods and services. Our response was to develop a tool to enable businesses to obtain the information they need to put things right in a simple, easy and affordable way.

We appreciate that good access means different things to different people and is relative to their condition or circumstance, whether a wheelchair user, having sight or hearing loss or a cognitive impairment, for example. So, as a pan disability organisation we have taken that approach. We know there is best practice advice out there from impairment specific organisations and we have included it.

Quite simply, Every Customer Counts requires three things: Evaluate, Change and Commit. A business visits the website and takes a quiz, comprising around 60 questions with multiple choice answers. This then generates a personalised access report for the specific business' premises, based on how they answered the questions. They then sign up, receive the ECC logo to display on their website and literature to show their commitment and will be sent an ECC pack, which includes an Inclusive Customer Commitment Policy and a window sticker showing their rating. The business will create an advert to profile their business information and their rating.

We will allow six months for the site to become populated with businesses before launching the app, which will be available on Android and iPhone and which disabled people can download, search by business type, location or rating for a business. We can then rate and comment on that business sharing our experience with others.

It's anticipated businesses will be incentivised to fulfil all recommendations for improvements in their report over time, as they will see the benefits of increased, repeat and loyal custom, particularly from disabled people and when they receive a thumbs up rating and positive comments on the app. This will lead to them revisiting the site to complete the quiz again and improve their star rating, hopefully until they reach the highest standard.

We are incredibly excited about this national initiative and we sincerely hope it will encourage businesses to become more accessible and inclusive to all. Of course we are advising them that an inclusive business benefits from accessing the Purple Pound (spending power of disabled people) said to be worth £249bn nationally, but also that good access benefits everyone, including families with pushchairs, older people and temporarily impaired people (such as after surgery or with broken limbs) so it's a win-win all round.

We would specifically like to thank the following organisations who have reviewed and shaped our 'Resource Guides' from where the information and recommendations we give to businesses are extracted, to ensure we are meeting the needs of everyone: Healthy Cornwall 'The Champs Team;' Cornwall Deaf Community Centre; iSight Cornwall; The Penwith Dementia Alliance and the National Autistic Society local branch. Thank you. Let's hope that together we will finally achieve a more inclusive society for all of us.

Trailblazer, Dr Steven Carey talks Family, Equality and Activism



Steven in his University Doctoral robes, outside Chelmsford where the graduation ceremony was held. His official title is now Doctor of Philosophy or PhD in Disability Studies

Steven was born in Wickford, Essex the son of a pharmacy worker and maintenance engineer. He was diagnosed as a type 1 diabetic when he was eight years old. It was this condition that would characterise his life.

At 17, Steven joined Marconi Avionics, a multi-national electronics company as an apprentice, eventually becoming a senior electronics engineer. Soon after, in 1985, he first met his wife-to-be, Claire and they moved to Rayleigh, a place with a long history, including being a royal hunting ground for the likes of Henry VIII.

Steven left Marconi Avionics in 1986 and joined a training organisation called SENTRA, where he first dabbled in teaching, training apprentices to be electronics engineers. These young apprentices would go to him to do their first-year off-the-job training and he would teach them the fundamentals of electronics.

He first became ill at 26 years old, mainly due to his diabetes going out of control, having eyesight problems and then suddenly losing his vision in one eye, eventually losing his sight completely. He also began to have issues with his kidneys and ended up having to have dialysis. A year later he had a kidney transplant, which although successful, for the first three months his body rejected it, but then the doctors got the kidney working correctly and everything was fine. When Steven got home from hospital, he really started to worry about what he could do in his life as a blind person: it was clear he could never teach electronics again and he also felt that no one would consider him for a job unless he got some higher level qualifications to get him noticed above other people.

In 1993, Steven's ball really started rolling! Not only did he marry Claire, but he also enrolled for a university degree. "Back in those days there were not that many people getting degrees," he told *DISCOVER* "so, such a qualification would put me significantly ahead on a new career path." Steven became the first blind person to study for a degree at the then Anglia Polytechnic University (now Anglia Ruskin University) and achieved a 2:1 in a BSc (Hons) in Information Systems.

He then secured a paid position at the university, investigating how the Disability Discrimination

Act might improve access for their disabled students and what the university would need to do to improve its access. His recommendations included the establishment of a transcription service which he would manage. The university accepted this recommendation on the premise he would fundraise for the capital equipment. Within six months he raised an astonishing £250,000 which was used to purchase professional recording studios, the equipment and software. The university covered the salaries for three staff until 2015, when unfortunately cuts forced its closure.

It was while Steven was managing the service that he decided to enrol on a master's degree in Managing Disability Services and he eventually became the first blind person to complete a master's degree at the university in 2008.

This introduced Steven to an organisation called the Essex Coalition of Disabled People (ecdp), now known as 'Purple' and eventually, they persuaded him to become a member and then a board member. The then chief executive, Phil Miller, who was fully involved in the disability rights movement of the 1990s, built ecdp from a small office-base in Essex to the major well-known organisation that it is today. Sadly, Phil passed away in 2006 and Steven took over as chairman in a quest to find a new chief executive. Eventually, through his contacts, Steven and the ecdp board recruited Mike Adams, who worked for the Disability Rights Commission. Mike became the new chief executive of ecdp in 2007 and was recently awarded an OBE for his work.

Unfortunately in 2009, Steven's previously transplanted kidney began to fail and he was offered the opportunity to have a simultaneous pancreas and kidney transplant. He received his transplant a year later when suitable organs became available, which meant he was no longer a diabetic. Steven tells us, "This type of transplant is quite rare, there are only about 1,000 people in the UK who have had one." Steven's experience of ecdp, together with knowledge of how austerity was affecting disabled people's organisations as a whole, influenced him in his choice of subject areas to research and he wanted to investigate whether other organisations were facing similar challenges to ecdp.

Steven began by researching the origins of disabled people's organisations, where they had been set up and why, which is when he first got in contact with disAbility Cornwall & Isles of Scilly.

He worked on drawing all the information from his research together to show a history of the organisations and the issues they were currently facing. He interviewed 12 chief executives from these organisations and followed this with a survey of the population of disabled people's organisations that then existed. Steven also read through hundreds of unpublished papers written by disabled people to help him build a picture of the history of disabled people and their representative organisations. He wrote his thesis in plain English so that other people could easily find out about the journey the disabled people's movement had made.



Steven with his family enjoying a meal on holiday in the South of France (2017)

As an activist, Steven has always campaigned for the rights of disabled people. In spite of the Disability Discrimination Act and the subsequent Equalities Act, he is adamant that unless you have money to throw at creating equality, no place will be fully equal. Steven knew this would be the case when he started his PhD and so, in order to have a successful journey at university, he decided to use his own lived experience as a disabled person to design strategies that would allow him to adapt to the university's way of working.

Steven used his lived experience of having a personal budget for social care to apply for and manage his disabled student's allowance, and it was this that paid for his support workers. He also received support from the Snowden Trust, which helps disabled students studying in higher education. The trust paid his university fees for four years. "I have been very fortunate in my journey with the support I have received, without that support I would have never done it," Steven said.

We asked Steven what it takes to achieve something like a PhD with six years of intense work and an 80,000 word thesis! Steven said, "You really need a great deal of tenacity: you have to be just like a bulldog, getting your teeth in and not letting go. I wouldn't say anyone could do it, but if you are given the right support and are as bloody-minded as I am, then you can! It was hard and it was difficult, but I got there in the end."

Steven's four children have certainly inherited some of his stubbornness and desire to succeed. His eldest daughter, Esther, got a First in Early Years Education in 2018, his son, Samuel, got a First in Politics & International Relations in 2017, followed by a master's with distinction in International Relations in 2019. Daughter, Phoebe, got a First in Social Policy & Sociology in 2019 and his youngest daughter, Imogen, is currently at a professional dance college, so he is an incredibly

proud dad! However, he also reflects that the common thread which holds the whole lot together is his wife Claire.

Steven and his family have taken their tenacity across all aspects of their lives and are always keen to travel. They have just returned home from Cornwall, which Steven first visited when he was five years old on a family holiday with his parents and brother. They stayed at the Atlantic House guesthouse on the Lizard.

Steven said, "Back in 1969, half-board for a week in August for four of us cost 11 pounds and 4 shillings! You wouldn't get much for 11 pounds nowadays in Cornwall!" This visit sparked his love for the county and he has visited ever since, staying in various locations from Bude to Downton.

We asked Steven what he loves most about Cornwall. "It's a world of its own, the majority is non-commercial, and small villages have handmade and local goods, it's wonderful. You can be driving through a commercialised area and within five minutes you are back in the countryside, with a local cheese and wine producer! All these little artisan stores and producers bring life to Cornwall and provide so many places for tourists to visit and great things to do." One of Steven's favourites is Kynance Cove, which left a lasting impression on him when his family first came to Cornwall in 1969. Steven told *DISCOVER* that in spite of visiting many countries during his 55 years, he still believes Kynance is the most beautiful place on Earth.

What is a Care Navigator?

Things are changing in our NHS and should your GP recommend care navigation to you, here is a brief summary of what it is.

Care navigation is a way of delivering coordinated, person-centred care. It can play a crucial role in getting people the right support at the right time.

People with long term conditions often need to access different health services, with numerous assessments from multiple different professionals.

which can be confusing and people can encounter problems. Moving between different care settings can be an especially vulnerable time with the risk of 'slipping through the gaps'.

Care navigation can reduce delays to accessing healthcare services; improve timeliness in diagnosis and treatment; reduce hospital readmissions; improve short-term quality of life; and improve self-care.

DISCOVER catches up with Alfie, who is nine years old and tells us he's different, because he was born with just one arm. Alfie says, "I find it really special because 1. I hate cutting things so I get help to do this and 2. It doesn't really bother me anyway because I do what everyone else does!"

Alfie tells us he has just joined a boxing club in Hayle, as his godfather's son goes there. "He asked me if I wanted to go and this was inspiration for me to challenge myself in something new. I know you might think how does he box with one arm? Sometimes it does get a little bit hard with the exercises I have to do: burpees (squat thrusts) with a jump, or push ups with a clap. I am sure you can imagine why I struggle here! HARD! But it never stops me and I always try every single time and I will just change and do normal push ups or burpees even if I can't do them."

It seems having a dad who is friends with people at a 3D printing company is pretty useful for Alfie. "I have really cool prosthetics! Two plastic ones which are really light and thin, one has straps that go up to my shoulder, so when I bend my arm the hand opens and closes. That one has a green, white and black strap. The other is red, with a yellow Manchester United badge on the hand with white fingers because of course I SUPPORT MANCHESTER UNITED! I have to go to hospital every three months to have my prosthetics adapted, because I grow really fast. They get a bit tight so the hospital adapt them to be a bit bigger so they're more comfortable for me."

We asked Alfie to describe himself in three words. He replied, "Kind, respectful and forgiving." Well we think he is pretty amazing!

So what does Alfie want for his future? "I want to go into construction, so a builder or a carpet fitter. My dad is a carpet fitter and I sort of know how to fit a carpet. Yeah I want to be something like that and having one arm won't stop me, nothing can stop me from my own dream!"

What advice would you give to others? "If I was to say one thing to any other person like me, I would say, stay positive and never give up, because I've always found a way to do things. Even riding my bike, I love riding my bike."

Alfie is Rolling with the Punches



The UK's Foodbank Crisis

Shocking statistics from The Trussell Trust foodbank network revealed that between April 2018 and March 2019, a record 1.6m emergency food parcels were given out across the UK, including 17,000 to households in Cornwall.*

Despite Britain having the world's fifth largest economy, an estimated 14 million people, which includes four million children, are living in poverty.

In September this year, Cornwall Live reported the Camborne, Pool & Redruth Foodbank had served 750 meals in just one hour, with users of their service up over 30% during the school holidays.

Benefit cuts, Universal Credit delays, rising cost of living, illness, disability, family breakdown or the loss of a job are among the many reasons people are turning to foodbanks. In Cornwall, the catering and hospitality industry also has an effect, with many people working in low paid jobs with no job security or guarantee of hours, where working days can vary each week and be cut at short notice.

With rising living costs and chronic low incomes, it's also becoming increasingly difficult for many people to set money aside for emergencies. 15% of households have no savings at all and 1 in 3 of us have less than £1500 set aside, leaving nothing to fall back on should there be a sudden change in circumstance such as a rise in rent, energy bill, a delay in benefits or fewer working hours. When margins are so tight, even a slight change in expenditure can be enough to leave little available to buy food.

The BBC recently reported almost two-thirds of foodbank users had a health condition, half of households using foodbanks included someone with a disability and a third had mental health conditions.

In May, The Guardian reported hunger had led to children stealing sachets of ketchup and exhibiting noticeable weight loss. They described how many schools were now providing breakfast clubs, their own foodbanks and clothes for pupils.

Geoff Barton, a former secondary school head teacher who leads the Association of School & College Leaders, described the situation as 'astonishing' and 'a national shame.' He said, "Tackling food poverty was becoming a main priority for a number of head teachers."

How to use a foodbank

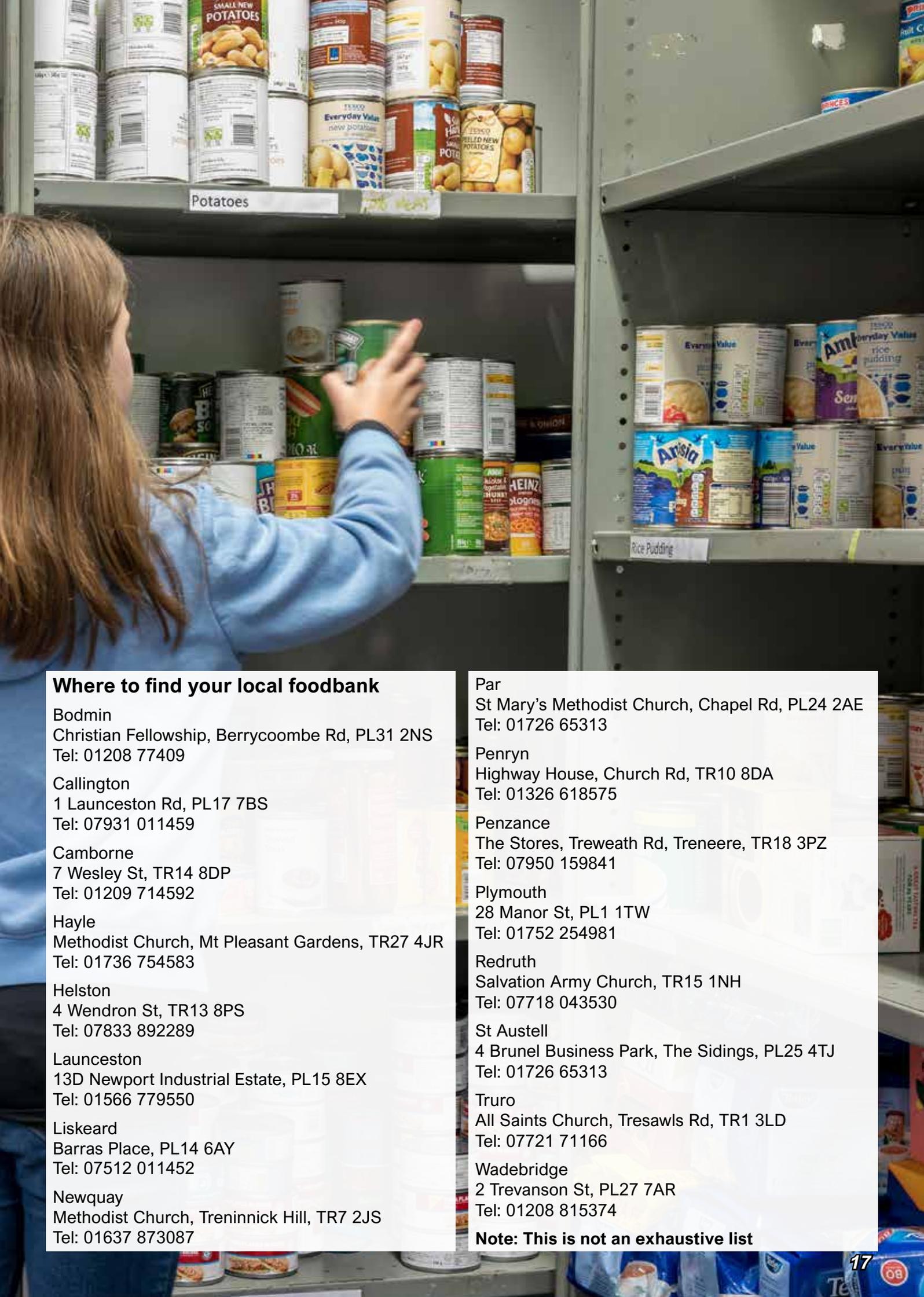
If you are facing food poverty, your first step is getting a foodbank voucher, which can be used in exchange for a food parcel at any foodbank. You can contact one of many local agencies who can issue you with a voucher, including disAbility Cornwall's DIAL service (01736 759500) who can also support you to access additional help to improve your circumstances.

When you arrive you will be welcomed with a warm drink by trained volunteers who will have a chat with you about your situation. They will discuss any dietary needs you may have and exchange your voucher for a parcel of three days of emergency food and also offer to support you in other ways. Most foodbanks offer a café style environment and provide non-judgemental support at the point of crisis.

A typical food parcel includes: cereal, soup, pasta, rice, tinned tomatoes / pasta sauce, lentils, beans and pulses, tinned meat, tinned vegetables, tea & coffee, tinned fruit, biscuits, UHT milk and fruit juice. Many also provide essential non-food items such as toiletries, hygiene products and baby items, such as nappies and wipes when available. Donations are always gratefully received.

At Christmastime, foodbanks particularly welcome additional donations of mince pies, apple pies, hot chocolate, Christmas puddings & cake, boxes of biscuits, children's selection packs, boxes of chocolates, Christmas crackers, jams & pickles, chocolate spread, tinned ham & salmon, snacks & nibbles (crisps, peanuts, popcorn, etc.), trifle mix (sponge, jelly, etc), serviettes, evaporated milk and gravy granules.

Donations of presents are highly appreciated too including stocking fillers, toys and teddies, or anything else you think might make a nice gift for children.



Where to find your local foodbank

Bodmin

Christian Fellowship, Berrycoombe Rd, PL31 2NS
Tel: 01208 77409

Callington

1 Launceston Rd, PL17 7BS
Tel: 07931 011459

Camborne

7 Wesley St, TR14 8DP
Tel: 01209 714592

Hayle

Methodist Church, Mt Pleasant Gardens, TR27 4JR
Tel: 01736 754583

Helston

4 Wendron St, TR13 8PS
Tel: 07833 892289

Launceston

13D Newport Industrial Estate, PL15 8EX
Tel: 01566 779550

Liskeard

Barras Place, PL14 6AY
Tel: 07512 011452

Newquay

Methodist Church, Treninnick Hill, TR7 2JS
Tel: 01637 873087

Par

St Mary's Methodist Church, Chapel Rd, PL24 2AE
Tel: 01726 65313

Penryn

Highway House, Church Rd, TR10 8DA
Tel: 01326 618575

Penzance

The Stores, Treweath Rd, Treneere, TR18 3PZ
Tel: 07950 159841

Plymouth

28 Manor St, PL1 1TW
Tel: 01752 254981

Redruth

Salvation Army Church, TR15 1NH
Tel: 07718 043530

St Austell

4 Brunel Business Park, The Sidings, PL25 4TJ
Tel: 01726 65313

Truro

All Saints Church, Tresawls Rd, TR1 3LD
Tel: 07721 71166

Wadebridge

2 Trevanson St, PL27 7AR
Tel: 01208 815374

Note: This is not an exhaustive list



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www.disabilitycornwall.org.uk

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Shaping and Influencing Future Services

This year disAbility Cornwall & Isles of Scilly have been delighted to have the opportunity to help shape the future of Adult Social Care and in particular the Direct Payment Service. This came about through the service being reviewed after a 2016 internal audit report gave Cornwall Council 'limited assurance' that the Direct Payments system was working efficiently and effectively. A subsequent audit published in January 2019, was the first time the Council had ever received a 'no assurance' result from an audit. Therefore significant action needed to be taken.

'A Direct Payment is money offered to someone who has been assessed as having eligible care needs. This allows them to arrange and pay for their own care instead of the Council doing this.'

Initially we brought around 40 Direct Payment users together to review the service policy and talk about the challenges they had experienced and how it could work better for them. We then helped create a new Direct Payment Agreement which serves as both a guide and a formal contract, reducing paperwork and ensuring people who use the service are fully aware of their duties and responsibilities when having a Direct Payment, such as complying with both Council and HMRC requirements. It also helps us as Direct Payment users to understand the Council's role and it was translated into 'easy read' by the CHAMPS Team.

During October, we hosted and facilitated six workshops countywide (in Penzance, Redruth, St Austell, Falmouth, Launceston and Liskeard) which were attended by around 80 people, to consult on the then updated Direct Payment Policy. They ran alongside other opportunities for feedback through an online survey, via phone and drop-ins, all for people to have their say and shape the future service.

This engagement will now influence the policy, which is due to be approved by the Health & Social Care Scrutiny Committee in December before being signed off by the full Cabinet in February. We certainly hope this significant piece of work, with Direct Payment users at the heart of it, will have a more positive and lasting impact, making it easier for people to use Adult Social Care services where they are eligible and when they need it. The Council have almost caught up with annual review processes now, resulting in unspent funds returned to them which will contribute towards making the Adult Social Care budget viable for others who need it in the future.

This co-productive working is continuing and we are now a member of a new reference group, along with Age UK, initially commissioned to review all standard Council letters to ensure they are clear, easy to understand and a little more user friendly!

There are more changes to come, hopefully all of which will make Adult Social Care in Cornwall easier to use. It may include an online eligibility checker for care and support, which people will be able to use independently, with support from the voluntary sector where needed, and without the need to wait for a face-to-face meeting from Council staff. This new way of working will make the service leaner, more efficient and lighter touch, as far as the Direct Payment user is concerned.

If you would like to be kept up to date on developments then please join our membership (there is a form at the back of the magazine).

Also, if you are a Direct Payment user and require training for your staff to ensure they are suitably qualified to support you, then please get in touch. We can help you apply for funding from Skills for Care and shape and deliver a training package through our OCN accredited training service, '5 Degrees West'.

📞 01736 751920

@ info@5degreeswest.org.uk

Sarah Newton MP

DISCOVER catches up with Truro and Falmouth MP Sarah Newton in her constituency office, in our quest to get to know our MPs better and find out about their concerns and priorities.

What's your favourite book and why?

The Oxford Collection of Poetry. I love poetry, however you're feeling, it can be really inspiring. I don't have much time to read anything more than briefing documents for my job, but if you're looking for inspiration, or for solace, you can always find a poem that works.

If you could wave a magic wand, what would you change?

The really terrible divisions which have opened up in our society and the language people are using, including some colleagues in parliament, which I think is pretty shameful. Since I've been an MP, I've seen a marked deterioration in the tone with which people feel they can speak to each other and what they say on social media. I feel we should be able to treat each other respectfully and understand that people do have strongly held views, but we should be able to debate those in an agreeable way, without impugning people's motives.

Particularly worrying is that MPs have received death threats, myself included. It will put people off going into public life, particularly women, because it's been well evidenced they are more likely to receive abuse and death threats. That worries me because we don't have enough women in politics, we haven't got a 50/50 parliament yet, but up until now we had been making progress. People want to protect their families and if they are on the receiving end, I think it's going to have quite a chilling effect on participation.

What is the best place you've visited?

Chapel Porth is my favourite place, the walk on those cliffs! I shouldn't say this as a Falmouth girl but it's incomparable to anywhere else in the world. You've got the Cornish tin mines on the cliffs, the rolling sea and the purple and yellow of the heath and gorse, beautiful with the blue skies.

What's the most commonly raised issue from your constituents who have a disability?

Not having the opportunity to let their talents take them as far as they can. We should be focused far more on what people can do, rather than what they can't. Their frustrations, especially in employment are due to people not seeing beyond their disability, and you've only got to look at the employment outcomes for people with learning disabilities for example, they're dreadfully low. There are many physical barriers for people to participate in society. Parents with children with learning disabilities fear for their future, to be able to live independently and get a job. There was a campaign recently about a local mum and her daughter who were living in a new development in a shared space scheme. She was visually impaired and there weren't going to be any defined edges to the pavement so that was something I could raise. Now that seems like a small thing, but it really is not. It's very important to take up each of those seemingly small things, because they add up to make a very big difference. Every time you raise them, you're raising awareness about some simple changes that can be made, which make our community, workplaces and places of learning more inclusive to more people.

Also making people more confident to talk about disability, because a lot of people are frightened to say the wrong thing or cause offence. Enabling people to be more confident, to have conversations, whether it's with a customer or an employee, that's breaking a barrier.

What's the greatest achievement in your life so far?

This is going to sound really corny, but I'm very lucky that I've been happily married for 32 years and have three wonderful children. To have a really happy family life is a wonderful thing. I also have three sisters who live in Cornwall and for me, my family is really important. I don't think I could have gone on to do other things in my life without the love, strength and security that a loving family brings you.

Is there one specific thing you are currently involved in that will hopefully benefit disabled people?

The Beacon Project, as it's so relevant to your readers. This is £500,000 of funding that the Department for Work & Pensions gave to our local enterprise partnership to work with small and medium sized businesses to overcome barriers to employment. This will make sure people are tooled up to have conversations with their workforce



Sarah brewing coffee with the Chaos Group in Truro

about long term health conditions and disabilities, enabling them to feel more confident and this will influence policy and practice. Cornwall is leading the way for the nation with proven good results.

I'm also very keen on developing people's knowledge of technology. It's a huge enabler and we must make sure more people know what's already available through their smartphones, laptops and tablets. If people knew about these from a young age, should they ever find themselves in need of additional support later on in life, some of the stress and worry would be removed. I believe in the social model of disability, where society is creating the barriers and with the aid of technology, I feel there would be lots of people who wouldn't identify themselves as disabled.

What did you take away from your role as Minister for Disabled People?

The main thing was how unbelievably impressive people are. It was a huge privilege to meet so many people who are overcoming all kinds of obstacles and in such a positive and hopeful way. What some people have to overcome even to get into work each day is absolutely inspiring. It was quite an amazing opportunity to work with so many extraordinary people.

I also worked with broadcasters on how to get more visibility to disability. Of course for people using wheelchairs it was easier to show this, however, the more difficult and challenging side was with people with learning disabilities. There have been some real strides forward, for example, I went to

an extraordinarily moving performance of a play at the National Theatre, called 'Starfish'. It was a love story starring a young woman with quite a profound learning disability. It was incredibly moving and the actress played herself. That would never have happened 10 years ago so we are making real progress, but I'm not at all complacent.

Something else I have continued to date, is making sure we improve the assessments of people applying for disability benefits by ensuring their Personal Independent Payment (PIP) is recorded and data is gathered more effectively from doctors so people don't have to continue filling in endless forms.

Although disabled people have told me their lives have got better, there's still so much more to do to remove the barriers so we include everyone. I am always looking at whatever I am doing through the lens to make sure we are being as inclusive as possible.

I want to make sure we're providing the best possible opportunities for young disabled people to get a job. There's a huge talent pool made up of a lot of people who want to work, can work but just need a bit of support to do so. We've got great organisations locally and I do everything I can to support them and introduce them to colleges and schools so we can get much higher employment levels for people with a disability, because as we know, good work is good for our health.



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19 March

16 April

14 May

18 June

23 July

20 August

17 September

15 October

19 November

17 December

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The Daniel Wakeford Experience

Photo courtesy of Nico M Photographie

Daniel describes himself as a 'singer songwriter with autism.' An inspirational performer, he is forging a new path through the music scene in the UK, portraying a much needed positive image of people with a learning disability. Bringing his music and personality to an audience eager to hear his songs through two albums and at live performances, Daniel's story really is unique.

Living with autism can, of course, be a challenge, but *DISCOVER* asked if Daniel may have found this helpful in terms of expression. He told us he did. "I like being autistic and think it's very neat!"

Daniel has been writing and recording music since 2009 when he met musician Tom Cook who introduced him to music projects run by the learning disabled arts organisation, Carousel. He supported Daniel to start writing his own music. So began a song writing partnership, which has already spanned a decade and produced in excess of 60 songs, leading Daniel to release two albums and tour the UK and France.

In 2014, he was a finalist in the European Song Competition and performed his track 'The Black of Lonely', with a 21-piece orchestra in Stockholm City Hall. Daniel said, "It was an amazing venue and the orchestra were brilliant. It reminded me of my favourite, the Eurovision Song Contest and I would love one day to be a contestant!"

Two years later, he released 'The Songs of Gigs' album, produced by Tom Cook and released through Carousel. This tour prompted the making of a new band, The Daniel Wakeford Experience. Lizzy Carey, Sam Dook, Steve Tovell and Katie Windsor are all professional musicians with experience of supporting learning disabled artists and now join Daniel at his live shows.

The band performed regularly throughout 2017 and Daniel's second album, 'That's How I See It' was released independently the following year. The launch in his hometown of Brighton, was live streamed to over 15,000 viewers and the album sold out gigs for a 19 date UK tour in autumn 2018, leading Daniel to make national TV appearances on Good Morning Britain.

A significant part of Daniel's popularity in mainstream culture is undoubtedly due to the hit TV programme, *The Undateables*, where he has featured more than any other person they have filmed. When the show revisited Daniel for the fourth time and when he was going on tour, there was an immediate and overwhelming response to his music.

"It's a great dating documentary," Daniel says. "The crew are really helpful and they do well for me." Both they and the show certainly did, as one year after meeting Lily in the 2017 Christmas episode, Daniel proposed with a very fitting rendition of 'All I Want for Christmas is You' at her favourite place, Brighton Bandstand.

Daniel told *DISCOVER*: "My ultimate would be performing live on TV at the Brit Awards."

Well who would possibly bet against him?

As we go to print, 'The Daniel Wakeford Experience' are due to perform in Bournemouth, Nottingham and Manchester.

Hear You Me*



DISCOVER meets Shannon and Violet, two of four hearing children with deaf parents. They tell us how unique their family is and how proud of it they are.



Shannon is 14 years old and has three younger siblings, Violet, 12, and baby brothers, Noah and Oscar, two year old twins. Shannon, who loves attending dance classes, has full hearing, like her sisters and brothers. Her mum however, lost her hearing at a young age and Shannon's step dad was born deaf.

Shannon told us, "Violet and I have been signing since we were around two years old. My British Sign Language (BSL) started when I would hear noises when I was little and ask my mum, 'What's that?' But she couldn't hear what I was hearing, so I started showing hand gestures, which led to her showing me the correct sign for what I was hearing. Violet was a little lazier when it came to BSL and let me chat to mum on her behalf, haha!"

Telling us how they learnt BSL, Shannon says, "Hearing children will hear their parents talking and try to talk. For us, we saw our parents signing and wanted to sign. It works the exact same way." The only times they find signing challenging is the different types of sign language, as this varies depending on who they are talking to which can get confusing. "Our step dad uses Sign Supported English (SSE) whereas our mum uses BSL!" The girls reflect on difficulties they experience when

* In modern English, 'Hear you me' translates to 'listen to me'.



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England's population is at its highest ever level, at an estimated 53.1 million, within this, 8.7 million people are aged 65 or over and 1.2 million are 85 or over. As the population ages, we are seeing a rise in health conditions, for which age is a major risk factor. There are now 800,000 people living with dementia alone across the UK, which is forecast to increase to one in three over 65s. Providers will have to develop increasingly specialist skills to care for these people.

More and more of us, are also living with long-term conditions such as diabetes, coronary heart disease and respiratory diseases and as treatments continue to improve more people will live with conditions such as cancer for longer.

Your products and services are supporting this ever growing market, and our Expo will bring the supplier and buyer together with this one fantastic event.

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Phoneta
Health



Oscar, Violet, Shannon and Noah

they are out and need help with something. “We can’t just phone our parents for a quick response like hearing families do. We both have to Facetime or text and then wait for a reply. Apart from that it is second nature to us and we adapt to the situation.”

At just two years old, Noah and Oscar can already sign colours, animals, numbers, their ABCs and their names. “Having four of us signing around them has brought their BSL on quickly!” says Shannon. “They also sign ‘I love you’ and ‘goodnight’ at bedtime, it’s so cute.”

Shannon is an incredible young person and she talks of herself as a natural interpreter for her parents wherever they go and if she isn’t there then Violet will do it instead. “Whether we are out shopping, at a doctor’s appointment or receive a phone call, we naturally interpret. I even interpreted at my mum and step dad’s wedding when they did their first dance! It was so good.”

What about when she grows up? “I want to become a qualified interpreter, I always want to be part of the deaf community and Violet wants to be a researcher for what causes deafness and to look into technology to help with hearing loss.”

Shannon talks about how much she loves going to the Deaf Community Centre in Camborne. “We always like our social life and go every week, we have lots of friends there, adults and children and I’ve been going since I was eight weeks old! They have loads of things going on throughout the year and we attend most of the events. We have parties and meals at Christmas and Halloween, and games nights like bingo and raffles.”

Life could be a bit worrying though when the girls were younger. Shannon said, “Some nights I could hear noises in the house and would think someone had broken in. Knowing someone could be in the

house and my parents wouldn’t be able to hear was scary.” Shannon explained how on many occasions she would wake Violet and they would cry, but how it’s much better now they are older. “I have slowly become used to it but it does make me worry for the day when we move out of home.”

Technology in the house helps, with a wall mounted transmitter sending messages to designated pagers. Both parents have one and it tells them whether it’s the doorbell, phone ringing or the babies crying when they were younger.

Shannon continues, “Sometimes when we think about the future, it’s a little scary. We always want to live close to our parents as they are naturally reliant on us without us all even knowing it. We will always be there for them, to make phone calls, attend meetings and appointments and anything else they need our help with. We have such a close family bond and that is what family is for.”

We asked what advice the girls would give to someone in the same position, or to deaf people in general. “Surround yourselves with a supportive group of friends who will have your back and love you for who you are. Always stand up for yourself because you are unique. Sometimes people will be horrible but it doesn’t mean you’re any different just because your disability isn’t visible.”

We were incredibly humbled by Shannon and Violet’s story and what a wonderful and supportive family they are. When speaking with the girls’ mum afterwards, she said:

“So often the girls are overlooked in terms of living with people that have a disability, mostly because it’s just the norm for them and they know no different. But in reality they have had to adapt a lot compared to a child from a hearing family, so it’s wonderful when they receive recognition for this.”

Winter Wellbeing

FIRE SAFETY

Make sure you have at least one smoke alarm fitted at each level of your home and that they are tested regularly.

Always have a clear escape plan so everyone knows what to do in the event of a fire, especially during the night.

Take care when cooking. Keep your oven in clean working order as a buildup of fat can ignite and catch fire. Double check the oven is turned off after use.

If you are using an electric blanket, store it carefully to prevent damaging the internal wiring. Unplug the blanket before you go to sleep and always follow the manufacturer's instructions.

Washing machines and tumble dryers should have a single plug to themselves. Tumble dryer filters should be cleaned after every use.

Regularly check for damage on electrical goods and replace any damaged cables or plugs.

Always extinguish candles before leaving a room and make sure they are in suitable holders.

Do not smoke in your property. Always use child resistant lighters and keep matches out of the reach of children.

Make sure all internal doors are closed overnight as they act as a fire block for up to 20 minutes.

Be aware that paraffin-based creams are highly flammable. Change and wash bedding to avoid saturation, cover your furniture to avoid contamination and never use paraffin-based or oil-based creams on your skin if you are using oxygen, or if you smoke.

KEEPING WARM

Set your heating correctly. Your living room should be between 18–21°C and the rest of your home a minimum of 16°C. When you are in bed you can use a hot water bottle or electric blanket to keep you warm. The Cornwall Fire & Rescue Service can check electric blankets as part of a home fire safety check, which you can book with them.

Wrap up warm. Remember to wear coats, hats, gloves and scarves when you are outdoors, however do try and stay indoors during a very cold period. It's best to wear several thin layers of clothing in order to keep the warm air trapped in between them. If you get wet, change into dry clothing as soon as possible.

Keep active. Try to move around once per hour and do not sit down for long periods of time as even light activity will help to keep you warm.

Check on older friends and neighbours in winter. Make sure they are warm enough, especially at night and they have stocks of medicine and food so they do not need to go out during very cold weather. If you are worried about an older neighbour, contact Cornwall Council.

EATING WELL

Have a hearty breakfast. Winter is the perfect season for porridge and eating a warm bowl will help boost your intake of starchy foods and fibre which give you energy. Oats also contain lots of vital vitamins and minerals.

Eat more fruit and vegetables. As tempting as it is to fill up on comfort food, it's important you stick to a healthy diet and five fruit and veg portions per day is recommended. Winter veggies such as carrots, swede, parsnips, turnips and potatoes can be mashed and made into soups, stews and casseroles, which are perfect meals for the whole family and keep immune systems strong. There are some great recipe ideas on: www.bbcgoodfood.com

Drink more milk. Colds are common in winter, so it is important to keep your immune system healthy. Milk and dairy products such as cheese, yoghurt and fromage frais are great sources of protein, vitamins A and B12 and calcium. Choose semi-skimmed milk instead of full fat and low-fat plain yoghurts.

Drink more hot drinks. Hot drinks accompanied by hot food will make you feel warmer for longer.

REDUCING ENERGY COSTS

You can save up to 25% by switching from a variable rate to a fixed price energy tariff.

Turn lights off when they are not needed and upgrade all lights to LED bulbs.

Switch appliances off at the plug instead of leaving them on standby.

Seal draughts around doors and windows using draught excluders.

Set your water thermostat to 60°C. If it is higher than that you are wasting money.

Close your curtains at dusk and make sure heat from radiators can circulate. If curtains are long enough, place the lower edge behind the radiator so heat doesn't escape through the windowpane.

Ensure your walls and hot water cylinder are insulated. Wash your clothes at 30°C and try to dry outdoors as much as possible.

There are schemes to help with your heating costs in winter, as one in seven households are in fuel poverty in Cornwall. Cold Weather Payments may be available depending on the benefits you receive, or if you have a child who is disabled or under the age of five. Payments are made when temperatures drop below 0°C for seven consecutive days. To find out more, contact Jobcentre Plus or visit the Government website.

The Warm Home Discount Scheme can provide a discount of up to £140 on your electricity bill. If you receive Pension Credit, then you should automatically receive this. If you are on a low income and receive certain benefits, you can also be eligible. To find out if you qualify, contact Community Energy Plus.

See overleaf for useful contacts

CARBON MONOXIDE

Carbon monoxide is a colourless, odourless and tasteless gas which is produced when fuels such as gas, oil, coal and wood do not fully burn. Make sure you have a carbon monoxide detector if you have a cooker, heater, boiler, gas, open fire or log burner that uses any of the above fuels.

Make sure you have your gas appliances checked annually by a Gas Safe registered engineer. Check their ID cards on both sides to make sure they are competent to carry out the work.

Read and follow all instructions that accompany a fuel-burning appliance.

Never use a gas oven / grill to heat your home, even for a short time.

The symptoms of carbon monoxide poisoning include headaches, dizziness, tiredness and nausea. Symptoms can be mistaken for the flu, viruses and even food poisoning. Never ignore symptoms, particularly if more than one person in the home is feeling them.

VEHICLE SAFETY

Do not drive in icy and wintry conditions unless absolutely necessary.

You should always aim to ensure have your car serviced ahead of winter. The cold causes a lot of problems, half of which could be prevented by regular checks. Some garages will offer free winter car checks.

During cold weather, the car battery suffers a reduction in output. A battery should last about five years. If you're not in a position to replace it but it needs it, then carry jump leads in your boot.

Top your engine coolant up with anti-freeze to a mix of half water and half coolant. Your local garage should be able to help you with this.

Check your lights. Make sure they are all fully functioning and clean, essential on dark mornings and evenings and in the event of an emergency.

Carry a winter breakdown kit. Include a torch, hi-viz jacket, high energy foods and drinks, a blanket, de-icer, ice scraper, shovel, first aid kit and spare clothes / blanket.

Check your breakdown cover. This is essential for all vehicles and especially important in winter, so you will not end up stranded in the cold.

ONLINE SHOPPING

While we would always endorse shopping on your local high street and purchasing local produce, when the weather is particularly bad, an online shop delivered to your door can be most helpful. Whether you use it for just your heavier items, such as tins, milk, potatoes or washing detergents, or whether you would find it easier having your whole grocery shop delivered, then there are many leading supermarkets who offer this service. You can fill your basket online and choose a delivery slot that suits you. Ask someone to help you with this if you are not familiar with online shopping.

USEFUL CONTACTS

Cornwall Council

Tel: 0300 1234100

Email: customerservices@cornwall.gov.uk

www.cornwall.gov.uk

Cornwall Fire & Rescue Service

General Enquiries: 0300 1234232

24hr Fire Safety Advice: 0800 3581999

Email: fire@cornwall.gov.uk

www.cornwall.gov.uk/fire

Flood Line

Tel: 0345 9881188

Type talk number: 0345 6026340

Gas Emergency Services

Report a gas leak

Tel: 0800 111999

South West Water

Tel: 0800 2300561

Minicom: 0800 1699965

Text relay: dial 18001 before the helpline number

Western Power Distribution

Report electricity power failure

Tel: 0800 3163105

www.westernpower.co.uk/power-cuts/report-a-power-cut

Community Energy Plus

Tel: 0800 9541956

www.cep.org.uk

Jobcentre Plus

Tel: 0845 604 3719

GOV.UK Cold Weather Payment

www.gov.uk/cold-weather-payment

Scootering to Success

Wadebridge Shopmobility is going from strength to strength helping both locals and tourists explore the town and its attractions.

The success has been boosted by its Holiday Mobility scheme which was launched last year. This service provides mobility scooters, wheelchairs and walking aids to people who are on holiday in the area. Wadebridge Shopmobility is coordinated by Concern Wadebridge. Manager, Andy Lyle said, "It means that people do not have to worry about transporting their mobility equipment and filling up their vehicle. By knowing equipment is available here, it can make a real difference to someone's holiday, meaning they can enjoy extra experiences with the whole family."

Andy and his team were so amazed by the number of requests they had, asking to borrow boot scooters and wheelchairs, that they now have three boot scooters and six wheelchairs available for hire to assist people to get out and about and enjoy the local scenery.

Andy added, "We also purchased a scooter that can withstand the length and terrain of the Camel Trail from Wadebridge to Padstow or Bodmin, which proved a huge success. We have had one grandmother who had been waiting for 17 years to fulfil her ambition of going along the Camel Trail with her granddaughter. It's simple things like this that enriches people's lives."

The service has been so popular that Concern Wadebridge, which supports people who are over 50 and / or have a disability, has now bought two more mobility scooters, thanks to a £4,000 grant from Tesco's Bags of Help scheme.

There is a £6 membership charge to cover insurance and a daily charge of £6 for scooters, £4 for wheelchairs and walking aids.

People using the equipment will need to go through a competence assessment and familiarisation instruction before using a mobility scooter.

Andy said, "It is advised to pre-book the equipment to ensure it's ready on arrival. We endeavour to do all we can so people using the service enjoy their time here safely and comfortably."

📞 01208 812392

@ www.concernwadebridge.org.uk



Andy giving one of the new mobility scooters a test run along the Camel Trail

The Fight for Flash in the UK

DISCOVER is always eager to follow updates on improvements in technology, which will improve the lives of people in our community. After recently engaging with a local teenager on his 'Fight for Flash', we decided to do a little more research into what this meant and how it might affect other people.



A Flash glucose monitor is a small sensor the size of a £2 coin that sits on the side of the arm, with a probe just under the skin. Called 'Flash' for short, it records your blood glucose (sugar) levels continuously throughout the day and night. You can find out what your levels are by 'flashing' the sensor with the scanning device. In numerous testimonials it has been reported the Flash monitor 'vastly improved the quality of life' for some and people say they can 'finally live without fear of diabetes in general.'

The Diabetes UK website reports on the success of their 'Fight for Flash' Campaign:

Since April 2019, Flash Glucose Monitoring has been available on prescription across the UK to everyone who meets the NHS criteria, no matter where they live. This is a huge step forward for people with type 1 diabetes and means thousands more people will soon have access to this life-changing technology. This wouldn't have happened without thousands of people across the diabetes community campaigning to end the Flash 'postcode lottery' over the last 18 months.

This is a really exciting development, but to qualify for Flash you will still need to meet the criteria in your area, which differs across the UK. This is the criteria for England: You must have type 1 diabetes and also require intensive monitoring; or have cystic fibrosis; be on hemo dialysis; are pregnant; are unable to routinely test; be reliant on a carer to give you insulin; have unhygienic work conditions; have been self-funding a Flash monitor or have severe hypoglycaemia.

Diabetes UK say, "We know that, unfortunately, this still won't mean everyone who could benefit from Flash will be able to access it, but we'll continue to work with the NHS to broaden the criteria and fight for everyone who can benefit from Flash to be able to access it on prescription."

If you have any issues getting Flash, you can find the advocacy pack on the Diabetes UK website which provides tips on how to challenge the decision. If you live in an area which is prescribing Flash but you're still struggling to get it, then Diabetes UK want you to get in touch and tell them.



David Wetherill: Inspirational, Motivational and a Genuine 'Top Goose'



David Wetherill, 29, is an international table tennis player from Torpoint who has the rare bone development disorder, Multiple Epiphyseal Dysplasia. Born one of three children to two PE teachers, sport was inevitably going to be in his DNA!

DISCOVER catches up with Dave over a cup of coffee at Cardinham Woods café, where he talks of his pride representing Great Britain at three international Paralympic Games: Beijing, London and Rio. During the London 2012 games, he became known for playing what the Daily Mail called the ‘shot of the tournament’, after diving the width of the table to return a shot and secure a point.

This autumn, after heart surgery just weeks before to repair his pacemaker, Dave competed in the European Championships and won bronze in the men’s singles and gold in the men’s team, to secure his place in the Tokyo 2020 Paralympics. He is now ranked in the top four in the world.

As a child Dave enjoyed sport, but after breaking a leg playing football aged 10, he needed to find something new. He said “I started playing table tennis, so in a strange kind of way, breaking my leg opened up new opportunities. It was only then I realised that I’m not like everyone else. I’ve got a few limitations but I guess it was a blessing in disguise.”

He told us of his love for table tennis as soon as he first picked up a bat. “I wish I’d started when I was even younger. My older brother started playing when I did and that was good for me because he was a bit older, taller and stronger.” Dave describes being competitive about everything in life, trying to beat his dad and brother. “I didn’t even know the Paralympics existed then. I just used to play with my brother in the local club in Plymouth.”

Plymouth is now one of the regional centres for the English Table Tennis Association and where Dave coaches. He has made many friends there and talked of playing with the ‘able bodied’ guys, who never considered him as disabled. “But obviously, as we got a bit older and stronger, my limitations became a little more of a technical issue in terms of performance and being able to keep up with them.”

He talked of his frustration and the mental challenges as he would lose to people he was better than, in terms of skill level and ability. “I think it’s a big kind of learning growth to overcome, especially as a disabled athlete. I didn’t see it at the time, but now I realise that it taught me to be better with my head and make up for my limitations and speed, with better decisions, like playing more tactically, for example.”

When he was just 14, Dave was invited to a Paralympic training camp with the opportunity to play his first international tournament in Norway. “In those days you never heard of the Paralympics, it wasn’t really talked about, but nowadays, it’s a big thing. If you’re a disabled child, you know all about it and you have a structured funded pathway if you are good enough to compete.”

Dave still did well in his GCSEs but at college he says, “I thought I’d focus on training for Beijing, but then my A-Level results went downhill, so I had to work even harder. Fortunately they were still fine, but I only just snuck into Beijing, qualifying in the last available spot.”

The University of Sheffield was his next adventure and a degree in Biological Chemistry. “I think my disability shapes my whole psyche and everything about pushing myself and not letting anything stop me.”

He added, “In terms of disability, I do swear by fitness. I’m a massive fitness fanatic because it helps me so much. Technically I shouldn’t be putting pressure on my joints and you can read about ‘what not to do’ with certain health conditions, but in the long run for me personally, the stability around the joints is much better now, so I swear by it, but doctors would never say that!”

Dave says he is wary of giving advice when people ask as he is not medically trained and everyone is different. “I just think, you’ve got to do what you can sometimes and everyone, no matter what your disability is, knows their own bodies. Half the time it’s a mental battle rather than a physical one and that’s the difference between the Paralympics and the Olympics, because you have to push yourself in a different kind of way and you don’t really know your limits until you’ve pushed them.”

He never thought it would be possible to play table tennis full time and didn’t know much about the

Paralympics either and if it was a viable career path. He says now it very much is! “Life’s kind of taking me that way, which is cool and it was particularly great and inspiring when Paralympic sport took off in an upward trajectory after London 2012.”

Alongside table tennis, Dave coaches and undertakes speaking opportunities, most recently having recorded a ‘TED Talk’, which are online and on Netflix. They are short 10 minute speeches on ideas worth spreading and he talks about disability and pushing the limits. Dave said his nerves for it were similar to preparing for a big match or an operation. “But the whole day was fantastic and it was inspiring to hear the other speakers doing great things in other walks of life.”

As an ambassador for the Cornwall Sports Partnership, he talked of the challenges in Cornwall and being disconnected from the rest of the country. “I’m honoured to be one of the few to have been to the Paralympics and Olympics down here and I think it’s good to be going to schools when the Cornwall Sports Partnership ask me to do talks now and then. Not that I particularly see myself as anyone massively inspirational, or special, but I guess that’s not for me to say, but I enjoy going. Also it’s kind of the legacy of 2012 that we are contractually obliged to do certain things.”

There is no security as a Paralympian as your funding depends on your performance and medals and Dave therefore considers himself lucky. “I have not to date won a Paralympic medal which is a big black mark on my copy book!” (Although he has been only one point off on two occasions). “But in the European’s and World competitions I have done quite well.” He added, “Sometimes you’ve just got to see where life takes you. I think the best thing about sport, the ambassadorial work and everything about being disabled, it kind of gives you an identity. I think a lot of people see disability as a negative but honestly, I wouldn’t be the person I am right now.”

He added, “The Paralympics is such an incredible thing and an amazing opportunity for disabled people. It gives you that sense of purpose and something to aim for.”

We asked Dave what gives him the greatest sense of achievement. “Table tennis gives me an enormous amount of satisfaction as it’s something I’m good at. It gives me a platform for my physical abilities and competing in the Paralympics is great, but I don’t think that’s what gives me my biggest sense of achievement, it’s not what drives me. I’m driven to be the best player I can be and being as fit as possible, but I’m not driven by medals. I could win a medal at Tokyo 2020 but I don’t think it would compare to the sense of achievement I got from



cycling Alpe d'Huez last year, pedalling with only my right leg. It's probably the toughest part of the Tour De France and I did it one legged!" Dave jokes he will make a YouTube video on how to cycle one legged. "The amount of times I've fallen off on a hill because I've missed a kick and can't get the pedal back up but now it's like second nature."

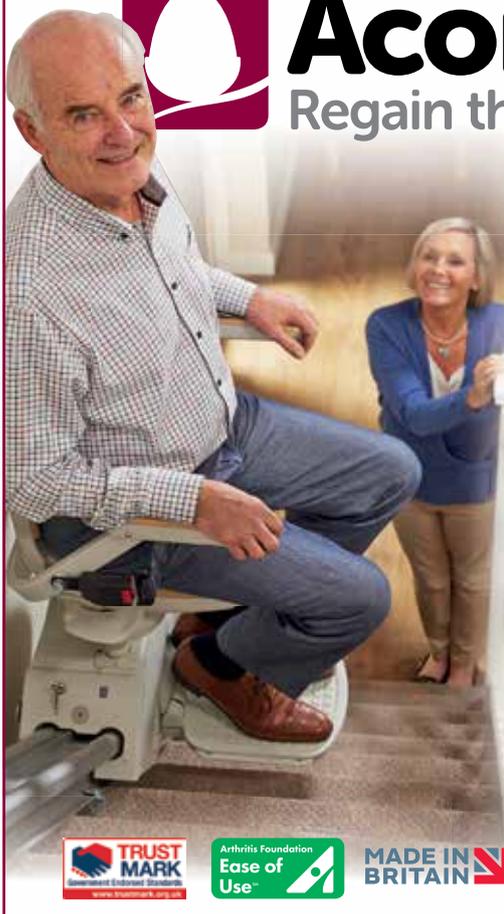
We asked Dave what's the best thing about the Paralympic experience. "Seeing what people can do," he answered. "Considering some of the limitations it's genuinely inspiring. The Paralympic villages are amazing environments. I remember seeing this guy walking with no legs, just on his stumps and that's class! It's seeing things you take for granted, like people struggling to put shoes on, but then playing table tennis and beating the most able bodied people in the country."

Dave talked about sports psychology and its value in his life. "It helps me to keep perspective and think rationally rather than emotionally, especially important when preparing for a big match or dealing with any kind of trauma or pressure."

Dave said, "If I'm ever feeling a bit rubbish, I just think, there's more important things in life than this. I've got a little picture which we use when

working with the sports psychologist and it makes you imagine the whole universe and think how irrelevant we are right now, talking in a coffee shop or smacking a little white ball back and forth! So if you picture the universe and something you might be struggling with, or your disability might be getting on top of you or whatnot, it doesn't matter too much. You've still got people at home who love you, you've still got friends and family, you've still got good things in life. I think that kind of outlook really helps me. If you think things are too big, they become too big and you can't deal with them."

On his new appointment as Patron of disAbility Cornwall & Isles of Scilly, Dave said, "It means a lot to me because I am very passionate about disability and perceptions of it and I'm also a proud Cornishman. I know many disabled people living in Cornwall and it really is an honour to be associated and hopefully help out with the fantastic work you guys do."





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Film Review

by Trisha Dowdall



With autumn well and truly letting itself be known and for me personally, having a rough day with my fibromyalgia, what better than to snuggle up with my adorable furbabies, Dillon the festival dog and Gaby the pirate pug and go in search of a nice, heartfelt, feel good factor film to lift my spirits!

I scrolled through the many channels we are bombarded with these days. It wasn't purely by accident that I stumbled across 'The Upside', as it had been recommended to me by several friends who felt I would be able to relate to it with my own disabilities, which are predominantly on the forefront, invisible.

With this in mind, I opted to watch the 2017 version of the film, which has an overall run time of two hours and five minutes. It's a remake of the 2011 French film 'The Untouchables', based on the true life story of Philippe Pozzo Di Borgo. In 'The Upside', Bryan Cranston (best known from the popular series 'Breaking Bad') takes on the role of Phillip Lacasse, a wealthy eccentric who suffers life changing disabilities after a paragliding accident. Cranston plays it superbly well.

His condition is neurogenic claudication, also known as pseudo claudication, a common symptom of lumbar spinal stenosis. Despite being called The Upside, be warned there are many downsides, which as a viewer are relatable within the boundaries of developing a disability.

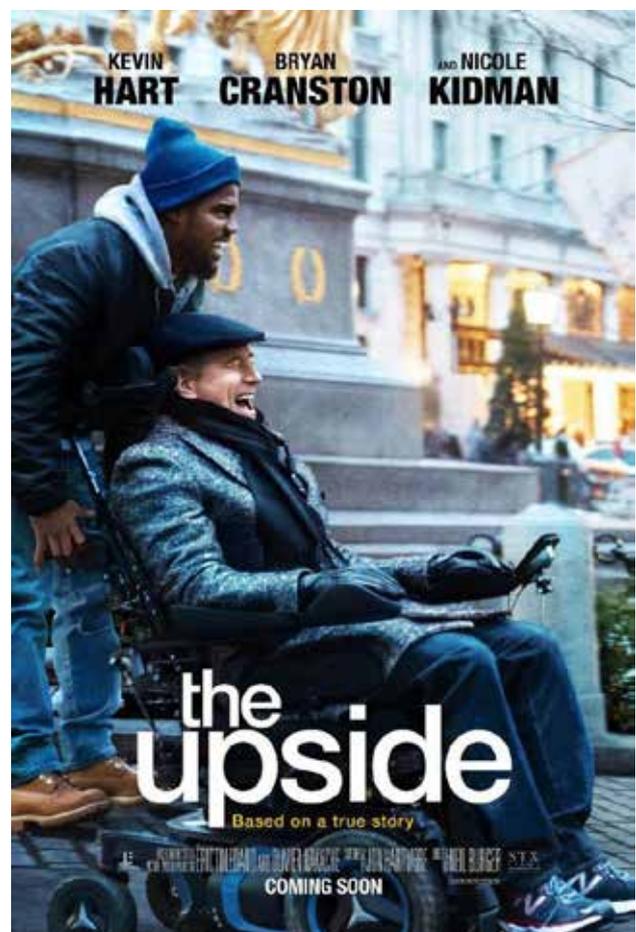
This film certainly stirs up your emotions through the frustrations and obstacles depicted. Phillip employs the most unlikely carer, Dell Scott (Kevin Hart), who is an ex-convict and who's main priority is to prove to his ex-partner that he's a reformed man to regain access to his young son. Dell sees his role to care for Phillip as an inconvenience and further obstacle to overcome in rebuilding his relationship with his family. He has no desire to look after the stubborn Phillip.

An unlikely friendship between them develops as the two very different backgrounds unravel. Phillip, wealthy and eccentric and Dell with a life experience from the school of hard knocks and

his interpretation of life. Emotions run high on their rollercoaster journey and thrown into the mix is Yvonne Pendleton (Nicole Kidman), Phillip's Personal Business Manager. She's disgusted Phillip has employed Dell, who is incompetent, under qualified and openly displays no desire to be a carer for his employer. Yvonne makes things as tough as she can and frustrations brew between all three characters.

Overall, the story restored my faith in humanity with its weaves, turns and challenges. The soundtrack (which can make or break the power of a film) certainly delivered with an eclectic mix with some excellent Aretha Franklin songs included!

A truly remarkable film with a huge thumbs up from me. The characters are exceptional and it's definitely a film worth watching.



A Spot of Social Prescribing

This is a means by which GPs and other frontline healthcare professionals can refer patients with social, emotional or practical needs to a 'link worker' for support to 'co-produce' their 'social prescription.'

Patients are empowered, in partnership, to find solutions, often using services provided by the voluntary and community sector, leading to improvements in their health and wellbeing.

Individuals, families, local government and the private, voluntary and community sectors work in collaboration and, when done well, it allows people to better self-manage their personal situation during times of physical, emotional and social challenges.

We all know lots of good things going on in our local communities, but how many of us know what will truly help us, where they are and how to get in contact? That's where a link worker comes in. An initial assessment takes 30–60 minutes and they generally work with people for between six and twelve contacts / meetings. They may have a variety of names such as a health advisor,

health trainer, community connector, community navigator or community care co-ordinator, for example but all of these roles aim to understand what matters to the person and to link them with appropriate support. Some link workers may act as a signposting service as opposed to spending consultation time with a person. Whatever the job title, the link worker has arguably the most important role in a social prescribing scheme. They are person-centred, passionate about what they do, are people who really care and go the extra mile. Social prescribers may be situated within a GP surgery, in the local community or a mix of these, depending on how the social prescribing scheme has been developed.

The social prescriber can accompany a person on their journey and support them through different organisations, both within and outside the NHS.

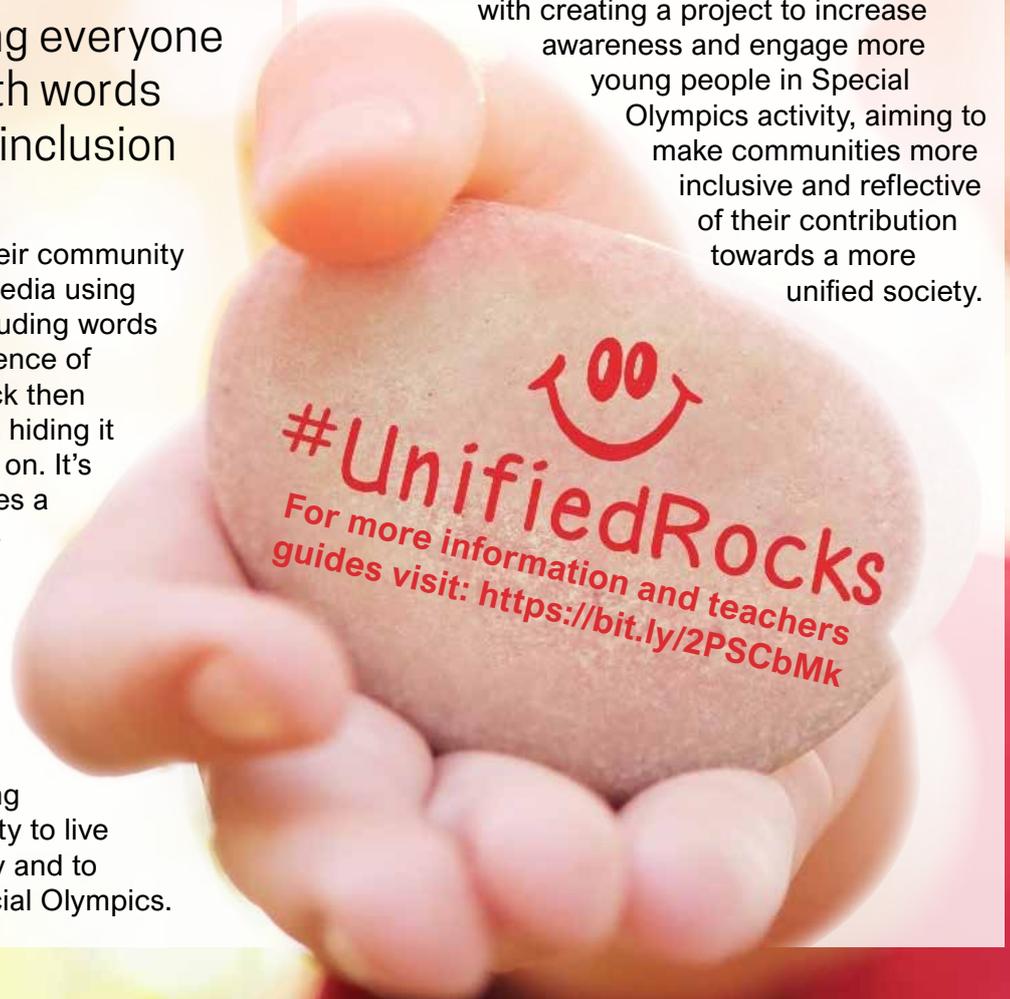
Social prescribing works well for people with one or more long term condition, people who need support with their mental health, are lonely or isolated or who have complex social needs which affect their wellbeing.

#UnifiedRocks, a social media campaign encouraging everyone to decorate rocks with words and pictures of what inclusion means to them.

The rocks are then hidden in their community with a photo posted on social media using the hashtag #UnifiedRocks, including words or emojis depicting their experience of inclusion. Whoever finds the rock then creates their own #UnifiedRock, hiding it for someone else to find and so on. It's free, fun, accessible and provides a creative way to express feelings about inclusion and the Special Olympics. Anyone can get involved, just like anyone can be inclusive.

Special Olympics GB swimmer, Will and his sister Jemima are on a mission to encourage young people with or without a disability to live more inclusively in a unified way and to increase awareness of the Special Olympics.

Following a Global Youth Summit, they were tasked with creating a project to increase awareness and engage more young people in Special Olympics activity, aiming to make communities more inclusive and reflective of their contribution towards a more unified society.





Romy, Dave and Christina at the Awards Ceremony

Cornwall Care & Support Awards

This autumn, disAbility Cornwall & Isles of Scilly were delighted to accompany our new Patron to the CAHSC Care & Support Awards ceremony at the Headland Hotel & Spa in Newquay. Compered by 'Big Ian Donaghy', author of 'Dear Dementia' and 'The Missing Peace', this keynote speaker kept the audience entertained all evening!

Cornwall Adult Health & Social Care Learning Partnership (CAHSC) host this glamorous event annually to recognise and celebrate the great care and support that is happening day in and day out across Cornwall and the Isles of Scilly. Care providers, individuals and organisations are nominated for a host of awards, which are then shortlisted and presented throughout the evening.

CAHSC is an independent charitable incorporated organisation, who access and deliver funding for the training and development of the adult social

care workforce. They have a membership of committed people who provide an independent voice and are representative of private, independent, voluntary and statutory sector organisations, as well as people who use care services and their carers.

Our Patron and three time Paralympian, David Wetherill along with staff members Romy-Jo Johnson and Christina Sandow, attended the event to present the 'Excellence in Leadership Award', which we sponsor. As an organisation who holds Investor in People at Gold Standard, we know the value of sound and effective leadership, resilience under pressure and the importance of great role models who lead by example. The need for this is ever more important given the nature of work in the care sector, looking after some of our most vulnerable citizens.

Dave said, "It was a massive honour to present at the awards, I felt in awe hearing the stories and meeting the people there. I'm amazed at the things people can do. If it wasn't for them some things just wouldn't be possible."

Congratulations to all shortlisted nominees and to the well deserving winners. A very special mention to the winner of our Excellence in Leadership Award, Stacie Tresidder-Carthew, who received some great nominations from her colleagues for her role as Practice Lead at Havencare.



Outstanding Workforce Development
Employer of the Year Award
Winner: Green Light PBS



Outstanding Home Care Team
of the Year Award
Winner: Home Worker Team, FalCare



Outstanding Learning & Development
Provider of the Year
**Winner: Louisa Forbes, Enhancing
Health in Care Homes, Kernow CCG**



Outstanding Residential or Nursing Home
Care Team of the Year Award
Winner: Perran Bay Care Home



Best Use of Technology
in Care Award
Winner: Cornwall Care



Outstanding Supported Housing
Worker of the Year Award
**Winner: Sarah O'Shea,
Shared Lives South West**



Outstanding Community Based
Organisation of the Year Award
Winner: The Chaos Group



Hidden Treasures Award
**Winner: Shane Rosevear & Shaun
Phillips, Swallowcourt**

#proudtocare



Volunteer of the Year Award
Winner: Zoe Wolstencroft, All Saints Community Centre

#proudtocare



Outstanding Contribution to Care Award
Winner: Ann Gray, Coombe House



Unsung Hero Award
Winner: PCSO Shaun Harvey, Devon & Cornwall Police



Proud to Care Award
Winner: Caroline Sommerville, Bluebird Care Mid & West



Champion of Champions Award
Winner: Perran Bay Care Home



Excellence in Leadership Award
Winner: Stacie Tresidder-Carthew, Havencare

“ Thank you both for your kind words throughout but even more what you said to me outside. Possibly the best award but sponsored by the most fitting gang at disAbility Cornwall! You do what you do, which makes what I do a dream. Well done to everyone this evening. Cracking event, cracking work and cracking sector. ♡ ♡ ♡ ”

Stacie x

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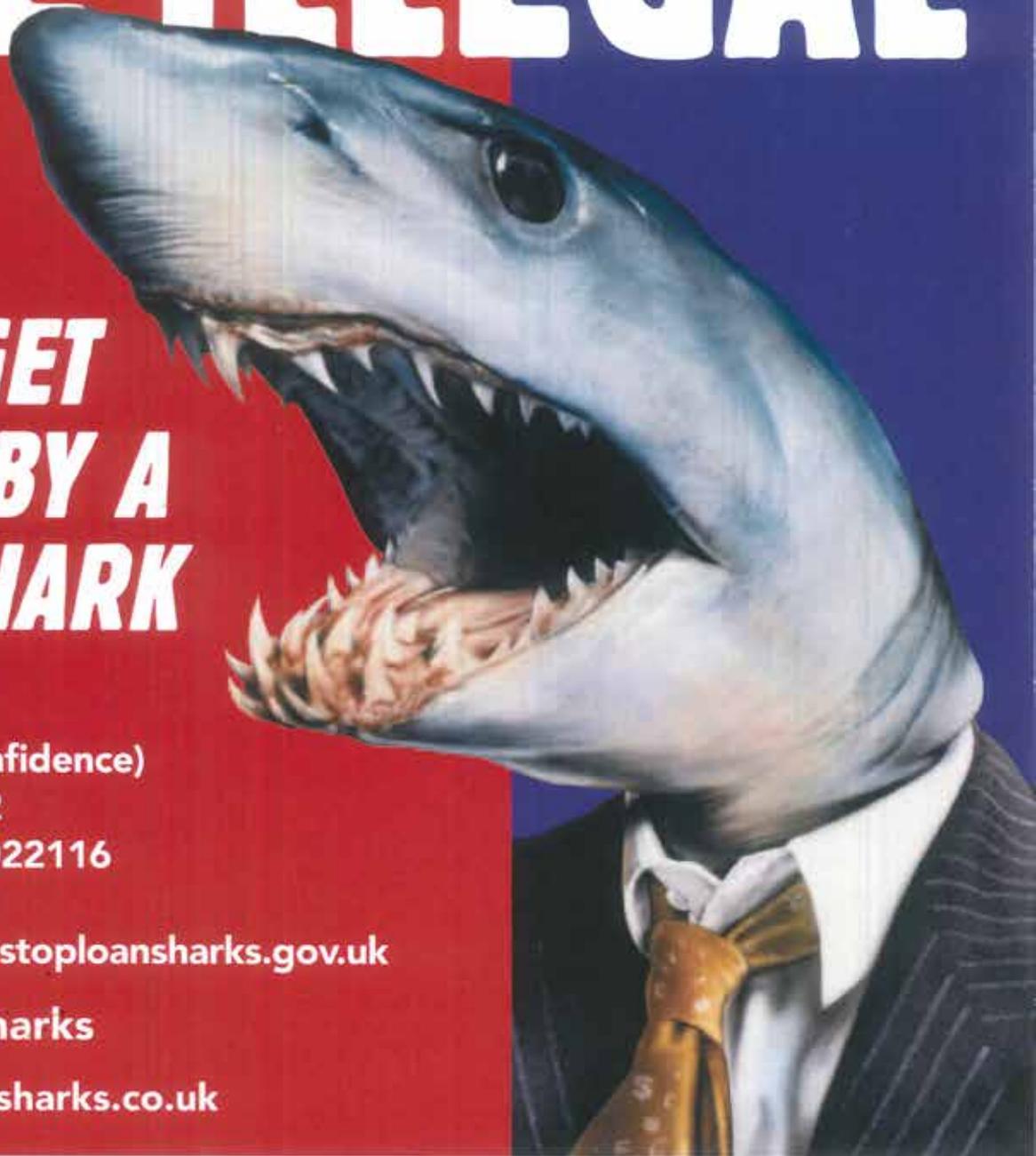
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Website: stoploansharks.co.uk



STOP LOAN SHARKS

Intervention . Support . Education

The Illegal Money Lending Team (IMLT) was set up in 2004 by Birmingham City Council. They have their own police, financial advisers, investigative officers and prosecutors, to investigate, arrest and prosecute people who deal in illegal money lending, known as 'loan sharks'.

A loan shark is defined as anyone without a licence to lend money that is not registered with the Financial Services Authority and is both lending money and charging interest to multiple people. Lending money between family and friends is fine, as long as interest is not charged and a profit is not made.

Loan sharks are looking for two things in the people they target, an income and a vulnerability.

Did you know?

- In 2018 Devon and Cornwall had the second highest number of loan sharks arrested throughout the whole of England
- The IMLT have discovered interest rates varying from 15,000% up to 4.5m%
- The youngest loan shark they have sent to prison was 16, the oldest was 84
- 88% of people who used a loan shark knew they were a loan shark and 48% of them were their colleagues
- The IMLT have known loan sharks lending to up to 5,000 people at a time.

The IMLT freeze all assets of a loan shark at the time of their arrest and any cash recovered and profit from the sale of items confiscated, is then divided up, the team's portion is then used to repay the victims and much of it is ploughed back into the community it has been taken from, through grants for initiatives. This is particularly important, as wherever loan sharks operate communities suffer as crime rises as a result.

To date, the IMLT have helped nearly 30,000 victims, writing off more than £74m of illegal debt, seized and confiscated over £1.6m in cash and trained over 100,000 front line staff. They have achieved an impressive 100% conviction rate and are currently chasing over £32m in proceeds of crime money.

There are an estimated 310,000 UK households using illegal money lenders right now. 12% of them are in the most deprived areas and loan sharks are now targeting 14–18 year olds and the over 65s, especially homeowners.

The profile of victims is as follows:

- 69% of people are on benefits
- 75% live in rented accommodation
- 51% are female and 49% male
- 47% of victims have children under 18 with an average of two children per family
- 49% have a disability, either physical or mental health challenges
- 30% have considered suicide
- 75% have suffered from anxiety, stress and depression
- 71% have been refused legal credit
- 42% go without food to prioritise the debt
- 63% of victims prioritise payments to the loan shark before other essential spending, leading to them facing difficulties affording essentials such as food, fuel, rent or mortgage payments.

A typical loan shark's memorandum operandi would be that they don't provide credit agreements, you are simply told 'you owe me this much today' and likewise, no receipts are given for payments or payment books. They will often use violence or intimidation if repayments are missed. They rarely advertise, as they find clients by word of mouth. Repayments charged will be at least twice the amount lent, often with very high charges for defaulting. They will take illegal securities such as a cash card, passports, driving licences, jewellery, cars, bikes and even your pets! Their victims are often forced into criminality to find the funds to repay their extortionate interest charges, which is known as 'desperation crime'.

The easiest way to check if someone is operating as a loan shark is to check the Financial Conduct Authority's website to see if the individual / company has a license to lend money: www.fca.org.uk

Please don't be a victim of loan sharks, seek help if you need it. If you suspect a loan shark is active in your community, you can anonymously report it and the IMLT will leaflet drop in the area until someone contacts them with information. This usually does happen.



Cornwall DisAbility Football League supports five clubs across Cornwall. They all deliver inclusive football for anyone aged 8+ who has a passion for football. If you love the game, then get in touch with one of our fun and friendly clubs or take a look at our Facebook page for more information.

Penzance AFC disAbility

Pete Coombes 07850 557577
Caroline Bruce 07734 599602



St Agnes AFC disAbility

Mandy Kimmins
bolsterpaper@gmail.com



St Stephen in Brannel Dragons

Steve Borlase 07827 998308
steve.borlase@yahoo.co.uk



Troon disAbility

Nikki Perryman 07730 533043
applepye3@hotmail.co.uk



Launceston disAbility

Richard Trewin 07578 824851
richtrewin49@gmail.com



Village Works is a new initiative to support people in the Bude and Camelford areas, Helston and the Lizard Peninsula, who are unemployed and economically excluded.

Led by Inclusion Cornwall and working with Jobcentre Plus, disAbility Cornwall & IoS, Kernow Credit Union and local councils, this project is designed to enhance participants' confidence, self-esteem and become upskilled, enabling them to make the most from their own circumstances and move forward in life.

Whatever interests you is just the start, the Village Works team is flexible and can find many opportunities for you. It's funded by the European Social Fund and much of the thinking behind it and evidence of the need has come from trials in rural and coastal communities around the country. It has been proven to work sustainably where such problems and barriers exist, as they do in Cornwall.

At its heart is a desire to get stuck in locally, to meet up and engage with local people to understand their often complex and individual issues. Then to work together to address their specific barriers by teaming up with the right help so they can live and work independently and well.

Three key players in this will be:

- Village Spotters to encourage local participation
- Village Coaches to support people for as long as needed
- An Online Support Worker to provide IT support and courses for all levels of ability.

You could gain skills so nothing holds you back, volunteer for something you've always wanted to try as well as increase your experience and confidence.

Waiting for you...

The team are trained to find the best ways to help you, understanding that many people struggle with childcare, transport and other issues but knowing these can be overcome.

Find them at the Inclusion Cornwall Hub:

📞 01872 326440

🌐 www.inclusioncornwall.co.uk



European Union

European
Social Fund

Village Works Thriving Together

THE
INCLUSIVITY
PROJECT

Diversity
enriches business



European Union
European Regional
Development Fund

Small Cornish business?

Cornwall and Isles of Scilly are changing. Businesses are adapting to work around an older workforce, and accommodate long-term illnesses and disabilities.

Becoming inclusive is a big advantage for a small business. It could help you:

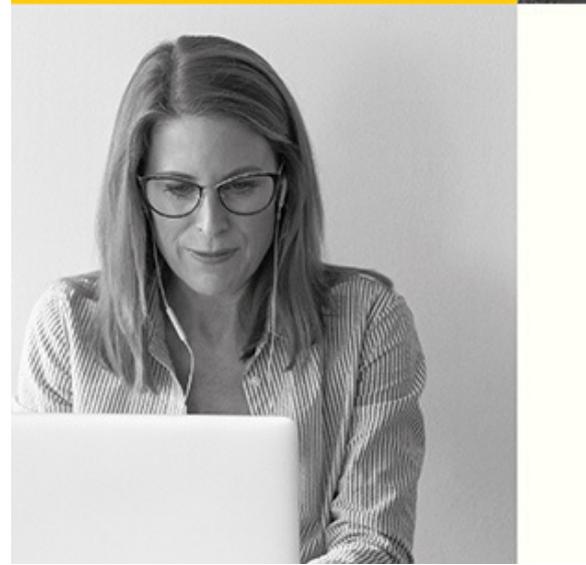
- Be known as an employer of choice.
- Recruit from a wider talent pool.
- Create workforce loyalty.
- Retain experienced employees.

At The Inclusivity Project, we know it's natural for business owners to have worries or practical questions. We'd like to help you think through how inclusivity could work for you.

We also know that some bright innovators among you will have ideas about increasing workplace wellness for your own, or other businesses. We'd like to help you grow your ideas.

Our business engagement programme can support you in developing your business, at no cost to you, as we are funded by the European Regional Development Fund.

theinclusivityproject.co.uk





**Meaningful
work for all
who want it**



ALARM

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appointment



**We help local
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new, inclusive
employment and retention
strategies**

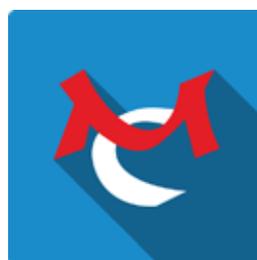


Cinema Screening Review

Having two boys with autism at five and two years old, until recently, meant cinema trips were out of the question. Both boys find sitting still for longer than a few minutes very difficult! Their bodies need to move all the time, mainly they both like to jump and flap their hands. Although our two year old is pre-verbal and our five year old has limited speech, it certainly does not mean quiet!

My husband and I dreamed of enjoying the cinema experience with the boys, but people are often unforgiving when we are out and we sometimes experience rude looks, unkind comments and stares. I've read that the need to move for some people with autism can feel like electricity running through their body and the only way to calm the nervous system is to move, so I never want to stop my boys from doing what their body needs and sitting still is not an option for them.

When we heard about the autism screenings being relaxed, with no adverts, the lights a little brighter, the sound being reduced and viewers being free to move around, we jumped at the chance to give them a try. Our first trip was to see 'My Little Pony' and the boys loved the experience and so did we! This year we've been to see 'Dumbo' and 'Toy Story 4' and look forward to many more visits. The Toy Story screening was the most fun! There were around a dozen children, big and small, running up and down in front of the big screen all giggling and having so much fun. We can't thank Merlin Cinemas enough for enabling our family to enjoy an experience most families take for granted.



merlin
cinemas

Our Autism Friendly Screenings are usually mid morning or early afternoon on the first Sunday of every month and offer an opportunity for inclusion.

Adjustments are made to these screenings that are designed to make the cinema more accessible for people with sensory sensitivities, and also others who can benefit from this environment.

As with all our screenings, we accept free entry for carers with CEA cards. These can be used with any screening in most cinemas in the UK.

You can visit a Merlin Cinema in Bodmin, Helston, Falmouth, Redruth, St. Ives and Penzance.

They also offer subtitled screenings.

Please get in touch for further information on accessibility and screenings:

📞 01209 216278

🌐 www.merlincinemas.co.uk

Scott Mann MP

DISCOVER meets Scott Mann MP in his constituency office in Bodmin, in our quest to better get to know our MPs and find out about their concerns and priorities.

What is the best movie you have watched lately?

My favourite movie ever is 'The Matrix'. I had the pleasure in parliament of meeting Keanu Reeves about 12 months ago and that was a pretty cool experience. However, the best film I have watched lately is called 'Ad Astra'. I went to a cinema in London with my wife and that was a great sci-fi film which I love. Normally my wife wouldn't entertain a sci-fi, but throw Brad Pitt in there and she was happy to come along!

What advice would you give to your younger self?

I have thought about this question quite a lot. Throughout life you think that the thing you see in front of you is the most difficult thing you are having to deal with and it is, at the time. But ultimately once you've overcome that, you become stronger. So if I could go back, I would tell my younger self not to get so stressed about the twists and turns of day to day life. It is stressful in parliament at the moment, but before that I spent 20 years working as a Royal Mail postman and that was a different kind of stress. Getting up and going to work at 6am every morning to provide for your family. Nothing is simple but I think it's important to try and ride through it and I wish I would have known that when I was younger.



What is the most commonly raised issue from your constituents with a disability?

Recently the main issue raised is that people want more in the way of assisted living. We seem to have a new model that is developing from the ground up, here in Cornwall. We have live-in carers or Personal Care Assistants who visit people in their home and with that more people are living independently, as opposed to having no option but to move into a care facility. With the use of technology to aid people it enables them to have more independence. I have families and individuals with disabilities coming to me and saying they want to live an independent life, but to have some support at home, as and when they need it. For me, I think we need to look at how to encourage that

through the planning process of new properties. Building more houses with a shared use and which have the latest technology to allow people to live independently. There is a need for this and the people are asking for it. So what I like to do in government is to try and create a policy for it. If we were to change the planning regulations, I think it would very much help people who are born with a disability but also for those who obtain a disability during their life.

What are you currently working on, or a part of, in the next 12 months which will benefit disabled people?

I will be speaking to the Ministers and Secretary of State to look into the planning legislation changes to aid assisted living, as I mentioned in the previous question. It is a well raised topic so I am going to action that as a priority. I have also been working on a campaign for a while now to get better access for Blue Badge holders, which I will continue. Off the back of that, I am currently in the process of pushing for it to be made illegal to park on the pavement. I wish to bring in pavement parking bills, as it proves an obstruction to many people, whether it be with mobility aids, wheelchairs, or guide dogs. I have a real passion for Guide Dogs so I feel strongly about enforcing these bills and we have the Guide Dog organisation working with us to achieve this, which is fantastic.

What is the best place you have visited?

I always have other MPs saying to me that they visited my constituency over the summer and how great it is. So I must say Cornwall, as I love where I live. I have grown up here and I am raising my children here. Outside of England, I travelled to Taiwan about two years ago and I found that absolutely fascinating. We in the UK are so accustomed to speaking our own language and other people understanding us in the UK and Europe, so it's quite special going to a country where the language barrier can't be broken down as quickly. I stayed in Taipei and it is a beautiful city. There was a typhoon when I was there, which was a fabulous experience, completely incomparable to storms that I have experienced in the likes of the UK, Spain and France.

Who's your most inspirational person?

Probably my grandfather on my mother's side. My mother's mum died very young and my grandfather had to step up and raise their three children, so I have a lot respect for him for that. As a single parent, it must have been really tough for him.

Your Letters

✉ Dear team

Great to receive a copy of *DISCOVER*. I was engrossed in the articles and nearly burnt the cake!

Best wishes from Liz x

✉ Dear *DISCOVER*

DISCOVER was (and once more, is!) a high quality magazine, widely distributed across the County to 'all those who needed to know' - decision makers, support organisations, but mainly for people with an impairment.

Available in Doctor's waiting rooms and sent to Chief Executives, it left no one who was accountable unable to say they didn't know. It was both informative in its contents and useful in its advertising. Whilst the internet has come to serve this function for many, it is often inaccessible to people who need additional help, from the youngest to our increasingly elderly residents. The printed format of the magazine reached this group; many will have kept their copies. They knew that, in *DISCOVER*, they had not only a voice, but also an ear in disAbility Cornwall & Isles of Scilly, showcasing not only the things that go well but holding those to account for when services fail.

For many, *DISCOVER* was the pathway to a real person who could help them navigate their way to the support or services they needed.

Allow me a rant. I don't like the term 'service'. Services are for motorways. I prefer the term 'serviceland'. Serviceland is that mysterious place where many would prefer not to have to go, but need to, not just for emergency help, but for their most basic rights. But where is it? There is no clear 'pathway', but there certainly are 'gatekeepers'. These are probably the best indicator that you've arrived. They tell you that you probably need something special to get past them. But not what it is, where it is, or how to get it. As Daniel Blake showed us, it's often too late.

N Walker

✉ **Dear DISCOVER**

Today the sky thought it would be sunny but in the end the dark clouds won. I have seen forums and government initiatives appear and disappear (New Deal, Valuing Now and Transforming Care to name but a few).

Things have changed in visual terms but under the surface the old judgemental minds still exist. The barriers and divisions between you and me still dominate the skyline. Being vulnerable is still hard and ranges from impossible to permanently wanting to give a hug to a fellow human being.

The claims of Autism being let down and an assumption that having a learning disability will always lead to poverty still appear on the social feed. A home and adequate care are luxuries in 2019. Despite the science in space and the technology in your car, people still fall into black lagoons where they stay invisible until they die.

I cannot say convincingly that disability will have a future in Cornwall. My trekkie and Special Olympic fan side hopes so, but my tired and battled side says the barriers are still waiting outside my parental home. I want to see disability being part of the men and women who will be launching rockets from Cornwall's Spaceport, because the future depends on it. This is the reason why Frances Ryan's book 'Crippled: Austerity and the Demonization of Disabled People' has to be the trigger for the better tomorrow.

C Burns

✉ **Dear DISCOVER**

Thank you for sending me a copy of *DISCOVER* magazine, I so missed receiving these. I do hope funding can be obtained for these publications to continue.

I enclose a small donation for you.

Yours sincerely
Mrs J Bray

✉ **Dear team**

It was lovely to speak to you the other day. I'm very sorry to say it's taken so long to send the donation but due to circumstances it's a drop in the ocean.

I was overwhelmed when receiving all the copies of the previous editions and the trouble you took to find them. I'm very thankful. Hope you are all keeping well. On a last note you've all been very kind, a listening ear, a friend who are hard to find nowadays. Please excuse my writing it's atrocious, my arthritis gets the better of me.

Kind regards
D Jones x





TALK MORE CORNWALL
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Would you like to be a more inclusive employer and be better equipped to meet the needs of clients and employees with cognitive and communication difficulties?

We all know how important communication is for living a happy and productive life. Not understanding, not being understood or able to communicate your needs or choices, can be very isolating.

Meeting the needs of clients and employees with cognitive and communication difficulties is fundamental for being a truly inclusive business. But where do you start? What practical steps can you take?

That's where we come in – we're licensed to teach Makaton, a language programme, which uses signs and symbols to help people communicate. Makaton is easy to learn, designed to support spoken language and can be used straight away.

Ideal for individuals who find it difficult to communicate by speaking, Makaton's signs and symbols are used with speech, in spoken word order, simplifying communication, reducing frustration and encouraging sociability.

With signs remaining the same regardless of the language spoken, Makaton is useful where English is not the first language. It has been proven to improve the communication skills of people with hearing loss, learning disabilities, muscle disease or physical disability, dementia including Alzheimer's disease, or people who have suffered a stroke. Highly flexible, Makaton



can be personalised to meet individual needs and abilities, and can be used to signpost areas in a building or label rooms and items.

Our goal is to raise Makaton's profile in Cornwall and helping local businesses and communities become Makaton-friendly.

Choose from a range of Makaton workshops, from introductory and safeguarding options to bespoke sessions for parents, carers and professionals. We offer either morning or afternoon sessions and introduction and refresher workshops.

Our two-day Safeguarding Workshop is designed to support professions (e.g. transport or blue light workers or social carers) and carers of children and adults with severe communication and learning disabilities, building on existing knowledge of signs and symbols. Activities include considering a range of protocols and practices as well as how the vocabulary can be used on different levels, to promote communication in a variety of contexts.

To find out more about course information and prices please visit our website or get in contact with us:

📞 07922 530878

🌐 www.talkmorecornwall.co.uk

📧 makaton@talkmorecornwall.co.uk

Jamie's Autism Journey

by Danielle Roberts



Jamie is our beautiful, funny, loving little six year old boy. He also has autism. Jamie was such a happy, smiley baby and developed typically until he was around 10 months old. We then noticed he wasn't doing some of the things other babies his age were doing. If we called his name he didn't acknowledge us, if we talked to him he didn't babble back and when other babies were learning to wave or clap, Jamie didn't show any interest. Gradually his eye contact became non-existent and he didn't seem to notice anyone around him and appeared locked in his own little world. The minimal number of sounds he used to make suddenly turned to complete silence.

I frantically researched what could be happening and it all pointed to autism. When he was 12 months old I went to my health visitor who told me not to worry and to get in touch again in six months if I was still concerned. By 17 months I couldn't wait any longer and got in touch again and Jamie was assessed. He was found to be severely delayed in all areas except movement and referred to a paediatrician. At 19 months she confirmed our fears that it was very likely Jamie had autism, although it was too early to diagnose. Although it was what we expected to hear, the pain and worry was almost unbearable. Jamie was referred to see a speech & language therapist who helped us teach him how to use the Picture Exchange Communication System (PECS). After lots of hard work, Jamie learnt to select a picture of something he wanted from his book and hand it to us in exchange for the item but as time passed by and Jamie made no progress with his speech, we became more worried than ever we would never hear his voice. He couldn't tell us if he was hungry, thirsty or worse, if he was in pain or unwell. He also developed some worrying habits like biting himself when frustrated and picking his gums with his nails until they were sore and bled.

Then we heard about a therapy, which was popular in other countries like America and Australia, but less well known in the UK, called Applied Behaviour Analysis and was unavailable on the NHS. Our research led to the Verbal Behaviour Approach which focusses on teaching language skills, is play based and uses Natural Environment Teaching. We were keen for any type of therapy to be fun and as it included using all of Jamie's favourite things to motivate him to learn new skills,





try to fundraise the money. So we swallowed our pride and asked for help. Friends and family and the local community all got behind us. Jamie's dad, Kev, set himself the challenge of running 12 races from 10k's to marathons in just 12 months. Other friends and family members jumped on board and also ran to raise money. We held tea parties and BBQs on Jamie's grandad's campsite throughout the summer and we sold breakfasts every Saturday. We had auctions, a halloween party, a dog show, a rugby match and a group even cycled from John O'Groats to Lands End for us. We were overwhelmed by the support and love.

We used the Behaviour Analyst Certification Board (www.bacb.com) to find a Board Certified Behaviour Analyst (BCBA) who was willing to travel to Cornwall. It's important to use a BCBA as they are continuously monitored to ensure they use the most up to date and ethical teaching methods. Luckily we found a consultant specialising in the Verbal Behaviour Approach based in Bristol who agreed to help.

As there were no Verbal Behaviour trained tutors available in Cornwall, we recruited people who had relevant teaching skills and experience with children with autism to train. Jamie was two years and nine months old when we started. Evidence

it seemed an obvious choice. The therapy works best when delivered intensively and we knew it would be expensive. We also knew our only shot at getting Jamie the therapy he needed was to



Companionship and Social Dancing



The Chough's Wheelchair Dance Team are a group of wheelchair users who meet every Wednesday afternoon, 2pm-3pm, at St Newlyn East Village Hall.

If you are interested in joining our happy band please contact:

Coach – Margaret Oliver 01637 861 171
Chris Penhaligon 01872 270 882

Website: www.choughswheelchairdanceteam.btck.co.uk

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shows the earlier intensive therapy begins, the more skills can be gained. Jamie's consultant spent up to four days each month training me and his tutors to use Verbal Behaviour techniques to help him learn new skills and reduce dangerous behaviours like the biting and gum picking. Jamie had therapy three or four days a week for three or four hours each day. Although our main aim was to help Jamie speak, there were all sorts of other vital skills we needed to work on. For example, teaching him to respond to his name for safety reasons and how to imitate, so he could learn new skills.

As Jamie had no spoken language at all, his consultant suggested we used some simple Makaton signs paired alongside the spoken words as a first alternative method of communication. Then to assess his progress regularly as evidence suggested this would be more likely to lead to speech. He always had his PECS book if he wanted to request an item from that. After a couple of months we noticed that, although reliant on being prompted to sign, Jamie had started to make sounds resembling some of his requests. It was a very exciting time and felt like we had had a major breakthrough. At this point we made the decision to drop the Makaton signs and go for vocalisations. We used all the things Jamie loved so we knew he would be motivated to ask. For example, he loves to swing so before putting him on his seat,

we'd prompt 'swing'. We would say the word, wait a few seconds and say it again at least once and sometimes another time if we felt he could tolerate it. Then we would always deliver, whether he made a sound or not. Then try to get requests for a push by stopping the swing every so often. We were constantly creating opportunities for Jamie to request things he wanted, pausing each time for a response. In the beginning, if Jamie made any sound whatsoever we would immediately deliver what he wanted, even if the sound didn't resemble the word at all. We just wanted him to realise that making sounds is what he needed to do. Gradually as his sounds improved we increased our expectations, so if we wanted him to ask for a 'swing', we'd try to get him to say 'sss'. We gradually helped Jamie shape his words.

We have used positive reinforcement and errorless teaching methods to teach Jamie all sorts of self-help skills such as to feed himself, to undress, and to use the toilet, and are currently working on dressing and washing.

To help Jamie communicate and relieve frustration, we taught him to point to things he wanted. As Jamie's speech improved, we were able to teach him verbs using flashcards and actions. We have also been working on his ability to understand features, functions and class. For example, that an apple can be red or green (feature), that it is something we eat (function) and is a fruit (class). We are also working on prepositions, for example, on top and under, and adjectives such as big and little. Although Jamie's ability to communicate with us is still limited, he can now independently request things he wants using words and can answer some questions. By developing his understanding of language he will gradually improve his ability to communicate. He is still difficult to understand sometimes and this can be very frustrating for him when he is trying so hard. One day I hope I can have a little conversation with him. That would be a dream come true. Jamie has been having the therapy for three years now. We dread to think where he would be without it and are so grateful to everyone who helped him get this far. Jamie adores his therapy sessions as they involve all the things he loves and his tutors have become like extended members of our family. Although Jamie will always be severely affected by his autism, the future is a much less scary place and we highly recommend the therapy.

We are so proud of all Jamie has achieved, he has to work so hard to learn skills that come naturally to other children but he never gives up. He's our hero.

Let's Innovate

Smartphones and tablet computers have revolutionised mobile tech and the way we communicate today. They have also transformed the Assistive Technology market for disabled people. Often we are unaware what tech is available at our finger tips that could significantly benefit us in our day to day life. *DISCOVER* researches some of the assistive apps now available.



AVAZ enables children and adults who are non-verbal to 'speak' using pictures and in a variety of situations. For example, the app can be used in speech therapy sessions, on a daily basis to develop language and to

stimulate and improve the intent to communicate. The app uses picture symbols and high-quality voice synthesis to help non-verbal users create messages and improve language skills. The cherry on top is a powerful keyboard, which helps users transitioning to text, growing with the child as he or she develops.



Otter is a voice recorder which produces automatic transcription. It's designed to capture long conversations between multiple people, noting who is speaking and what they are saying. It's useful in meetings, interviews and

other voice conversations, particularly benefitting people with hearing loss or who are deaf. This app ensures people with hearing loss are included in conversations, instead of having to lip read or work out who is speaking. It stores conversations and enables the user to invite people to participate in one and creates a log of who is in the chat.



Open Sesame

allows you to control your phone completely hands free. Millions of people across the world have limited use of their hands, which prevents them from doing daily activities most of us take for granted,

like using our mobile devices. With this app, that freedom and control is restored. Using the front-facing camera of any android device, Open Sesame tracks your head movement enabling you to control your phone allowing touch-free texting, social activity, searching the web and more. This app has won awards for its capabilities and has proven beneficial for people living with conditions such as spinal cord injury, MS, cerebral palsy, amputations and previous strokes. Available on both Android and Windows devices, it offers a seven day free trial.



What3words

is now being used by emergency services to pinpoint an individual's exact geographical location. Every three metre square in the whole world has been assigned a three word address that

will never change. An example of this would be the 'what3words' address for the app developers' London headquarters, 'filled.count.soap'. It is available on both Android and Apple iOS and has already been acclaimed for helping to save lives. If you find yourself lost or in a dangerous situation and don't know exactly where you are (like on a coastal walk, a beach, or your car has broken down in an area you are not familiar with) you will be able to give your exact location to emergency services, ensuring you can easily be found.

Let's Demonstrate

Many digital access aids are built into mobile devices. To enable these, simply visit 'Settings' and find the 'Accessibility' options. Here we have listed some for both Apple iOS and Android Operating Systems.



Talkback provides spoken and vibration responses to denote what actions you have taken on your device. 'Soundback', 'Kickback' and 'Explore by Touch' are

included in Talkback for devices using Android 4.0 or higher. For older devices they are featured separately. 'Soundback' lets you assign sounds to notifications on your phone, 'Kickback' provides vibration when you perform actions and 'Explore by Touch' uses speech to describe each item you touch on the screen.

Voice Access lets you control your device with your voice. Using spoken commands, you can activate on-screen controls, open apps, navigate your device and edit text using your voice rather than touching the screen. This feature requires Android 5.0 or higher.

BrailleBack allows you to connect a refreshable braille display to your Android device (via Bluetooth) so screen content appears on your braille display. Then you can navigate and interact with your device using the keys on the display. You can also input text using the braille keyboard. BrailleBack works with the TalkBack screen reader service to provide a combined speech and braille experience.

Switch Access lets you interact with your device using one or more switches. This can be helpful for users with mobility limitations preventing them from interacting directly with the device. This feature only applies to devices running Android 5.0 and higher.



VoiceOver is a built-in screen reader allowing you to use the iPhone if you can't see the screen. You touch the screen to hear a description of the item under your finger.

For example, it can announce the battery level, who's calling or which app your finger is on. You simply double-tap to activate the feature you need. When you are typing a note, email or text message, VoiceOver echoes each character on the keyboard as you touch it and again to confirm when you enter it. It can also speak each completed word if required. VoiceOver includes a Braille keyboard, enabling direct braille entry.

Zoom lets you magnify the screen of any app to help you see what is on the display. Double-tap on the screen to enable Zoom, then you can adjust the magnification from 100% to 1,500%.

Speak Screen reads the contents of a page back to you, so you can use Speak Screen to read out your email, iMessages, webpages and books. This may be helpful if you have a hard time reading the text on your device.

Dictation is a speech-to-text feature which allows you to speak what you want typed. To access Dictation, tap the microphone button on the keyboard, say what you want to write and your device converts your words into text.

Mono Audio allows you to play left and right audio channels in both ears when using headphones, meaning you won't miss any audio if you're deaf or have hearing loss in one ear.

The Life of a Spoonie

<https://www.chronillicles.com/blog/>
Posted on November 1, 2019
by Georgina // Chronillicles

Georgina is a chronic illness blogger with in excess of 3,000 followers, not only of her blog, but on on Pinterest and other online platforms too.

Georgina, 18, lives with multiple chronic illnesses, including hypermobility spectrum disorder, functional neurological disorder and non-epileptic attack disorder, all of which affect her on a daily basis. Living with a range of symptoms, she never knows what each day will bring and her world can change in a second. Georgina tells *DISCOVER*, "I'm more than my illnesses, I'm a chronic illness blogger, a photographer and musician. I play piano, guitar, ukulele and I sing. I'm hoping to become a doctor once I can study again."

Here is one of Georgina's latest blogs:

The spoon theory is a way of explaining how much energy you have. It's used by chronically ill people to try and help others understand and how much energy seemingly simple activities use.

This theory was created by Christine Miserandino to illustrate what it's like living with Lupus and how she only has so much energy in any day and that she has to choose what she uses her 'spoons' on.



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A 'spoonie' is a term for someone who has a chronic illness and identifies with this theory. Even if they look healthy, they are still a spoonie if they have a chronic illness. Remember, not all chronic illnesses and disabilities are visible!

The idea of this can take some time to wrap your head around, but it goes like this: You have a certain number of 'spoons' (a spoon is kind of like a unit of energy), for the day and everything you do uses at least one spoon; for example, maybe it takes three spoons to cook and eat a meal, one spoon to take your tablets and two spoons to take a shower. What would you choose to do if you only had twelve spoons a day?

The number of spoons a spoonie has each day varies depending on their energy levels that particular day. Most healthy people have an unlimited number of things they could do on any given day. However, a person with a chronic illness, only has a finite number of spoons and that number is often quite small. They may have a large number of spoons which lets them carry on as they did when they were healthy, but they may have a very small number, meaning they would have to stay in bed all day.

A spoonie may look like this:



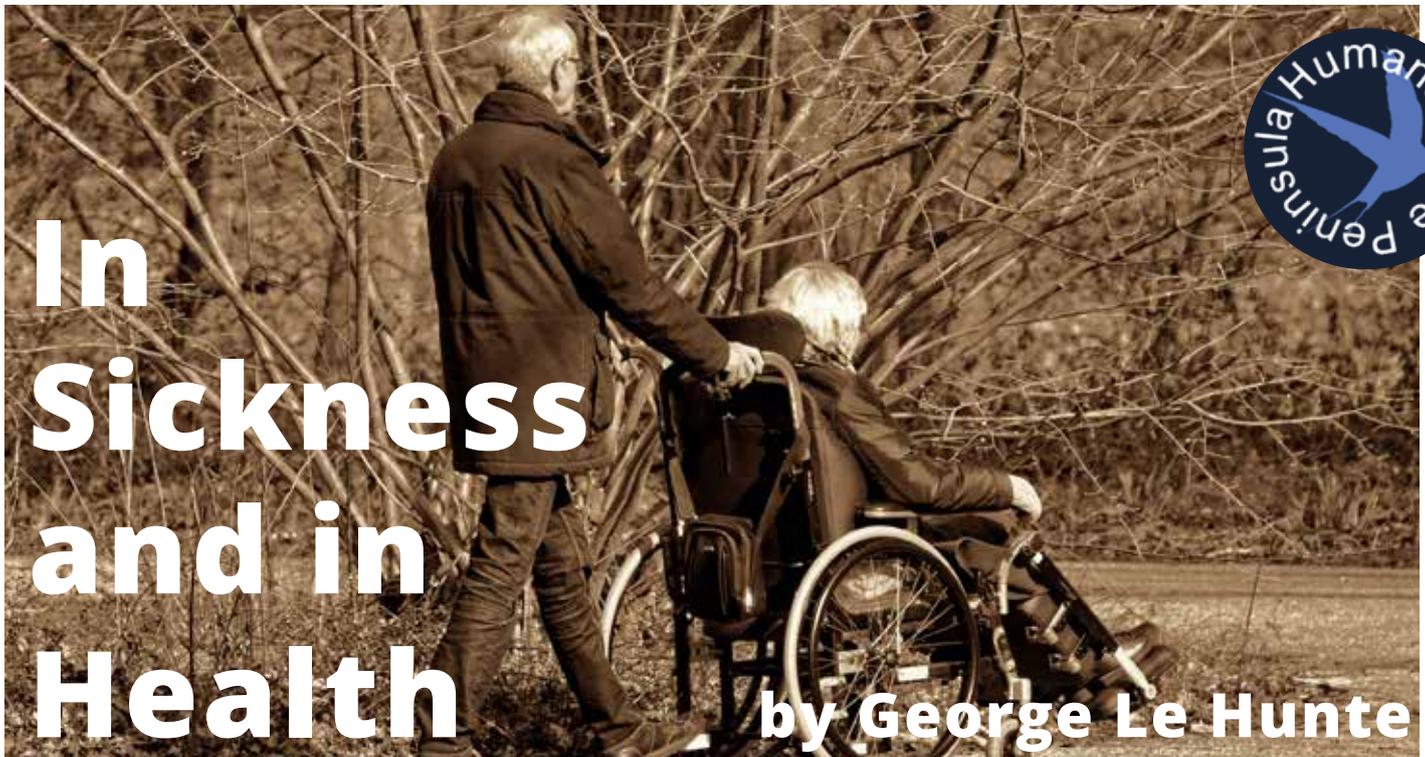
But they may also look like this:



Both these photos are of me and believe it or not, other than being paralysed down my left side, I was actually feeling worse in the second (above) photo!

Ultimately, it's up to you whether you choose to identify with the spoon theory if you're chronically ill, but to make it simpler, answer this: Do you have a chronic illness? If you answered yes, then congratulations (or not), you're a spoonie! It doesn't matter what type of chronic illness you have. If you have one at all, then you're a spoonie too.

You can follow Georgina and her fantastic blog by searching @Chronillicles on Twitter, Instagram, Pinterest and Facebook. Or visit her blog: www.chronillicles.com/blog



In Sickness and in Health

by George Le Hunte

I have been a carer for my wife, Ann, for 15 years, since she had a severe haemorrhagic stroke back in 2004. Then in 2014, she was diagnosed with a type of vascular dementia that occurs when a series of small strokes cause a loss of brain function. Now she lives in her wheelchair, or in bed, can hear and understand a little, but cannot speak. Fortunately she is happy, content, calm and she eats and sleeps well.

Every stroke is different and every care need is different, but all require patience and good daily planning. Ann cannot help herself at all, so I live my life around her needs and I have to keep calm and never get frustrated. You don't achieve that skill overnight!

It's important to think ahead. Her health will inevitably deteriorate, so I think ahead for what she will need. For example, I arranged for a hoist system to be installed in our bedroom and bathroom before we needed it.

It's vital to look after yourself as a carer too. I tell my doctor, 'you look after me and I will look after my wife'. Make sure you have a regular MOT with your doctor. Think of both your physical and mental needs – our hoist system is to assist me as much as it does Ann and I also keep active with several community organisations.

Everything is out there from the NHS to help you and it is mostly free of charge, but you have to research and fight to make sure you get the right support. For example, I make sure we continually have the best

wheelchair for meeting Ann's changing needs and now she has one that reclines, with a headrest for her to lie back and sleep whenever necessary. We have other aids, such as a wheelchair power pack that I can quickly attach to her wheelchair to make it motorised which helps me when pushing her around outside. Ask all relevant people in the health system what is available and how they can help you.

It is important for me to take Ann out as often as possible, so she meets friends and sees and hears life around her, which helps to keep her mind as active as possible. Because she requires a hoist to get in and out of her wheelchair and bed, when we go on holiday, we hire a portable hoist from Arjo Ltd who deliver and collect it from wherever we are staying. We often use Premier Inns as their disabled access rooms are excellent for us.

As a carer, it's important to have your own activities outside of caring 24/7 to ensure you have a balanced life. Formerly I was Chairman of Camborne Chamber of Commerce & Camborne Business Improvement District. Now I manage a weekly Stroke Club and Camborne Produce Market, as well as being Vice Chairman of Camborne Regeneration Forum and a Director of disAbility Cornwall & Isles of Scilly.

Before, I would never have believed that I could be a carer but when your wife has a stroke, it significantly changes her life and yours too. Fortunately I was self-employed so could work around her needs. It sounds daft, but I feel privileged to be my wife's carer and we both have a great life together.



disAbility Cornwall & Isles of Scilly continue to challenge discrimination and barriers where they persist. Here is an update on a few of the issues we are currently involved in.

Barriers in car parks

Cornwall Council have installed pay on exit barriers in four car parks, with plans for a further seven across the county. We challenged the Council on the grounds of discrimination and met with their staff who, although very helpful, made clear the barriers will not be removed and plans to install all eleven will continue. Our position is that although we always prefer to work positively and in partnership with the Council wherever possible, we cannot support the implementation of barriers in any form. In order to mitigate the impact on Cornwall's disabled drivers, we have recommended the Council introduce concessions, i.e. free parking for people now disadvantaged by this change in policy, or prevented from using these car parks because of the implementation of barriers and associated equipment. But even if the concessions are agreed, we note how it will involve yet more 'hassle' for disabled people to endure (submitting five photos and filling out several forms) and we believe this is also unreasonable. There must be a simple process for drivers to register their car registration, which the barriers then recognise and raise automatically.

Travelodge

We recently supported a member to challenge Travelodge on what we felt was their poor level of accessibility. Among the issues raised, it was noted the chain have removed the bed-raisers they had available and have put in lower beds in their 'accessible rooms' expecting people to bring a hoist with them, which we believe to be discriminatory. However, the individual concerned decided not to proceed with their case because, even if they won, costs may not be awarded in their favour in discrimination cases. Therefore, the person who brings the case may be responsible for the other side's costs. We join others requesting for discrimination cases to be treated in the same way as in personal injury claims.

 <https://bit.ly/2X2MtLf>

Loan equipment

Cornwall's Loan Equipment Service has been challenged on five separate issues over a simple repair. Shockingly, the subsequent investigation upheld each issue. The complaint focused on five areas around process and timeframe, incorrect signposting, the manner of the staff member on the telephone, no link between information held by different teams and inefficiency with engineers having to travel around the county.

Despite the Council upholding the complaint entirely, the individual has responded to them stating they remain unconvinced that the 'lessons learned' will address a disjointed service which appears to involve too many people on occasions.

Memory Cafés in Cornwall & the Scillies

Memory Cafés were created to enhance the wellbeing and quality of life of people with memory loss, whether diagnosed or not, together with their carers. What started off as just the one memory café, is now 40 strong, from the Isles of Scilly to Saltash.

The cafés provide an informal, fun and friendly place, which offer opportunities through activities such as entertainment, exercise, paper therapies and the all-important social time together.

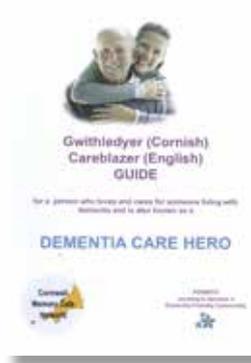
To find out the exact venue location and contact details of your nearest memory café, please visit the Cornwall Memory Café Network website where they are all listed. No booking is required and you can turn up for any of the get togethers in a welcoming environment.

 www.cornwallmemorycafes.co.uk

1. Isles of Scilly
Wednesdays & Fridays 2–4.30pm
2. Mullion
Every 1st & 3rd Friday 2–4pm
3. Penzance
Every 2nd, 4th & 5th Thursday 2–4pm
4. St. Just
Every 2nd & 4th Tuesday 2–4pm
5. Helston
Every 1st & 3rd Tuesday 2–4pm
6. St. Ives & Carbis Bay
Every 1st, 3rd & 5th Thursday 2–4pm
7. Hayle
Every 1st & 3rd Monday 2–4pm
8. Camborne
Every 1st & 3rd Wednesday 1.30–3.30pm
9. Pool
Every Thursday 2.30–4pm
10. Redruth
Every 2nd & 4th Wednesday 1.30–3.30pm
11. Perranwell
Every 2nd & 4th Tuesday 2–4pm
12. Penryn
Every 1st & 3rd Thursday 2–4pm
13. Falmouth
Every 2nd & 4th Tuesday 2–4pm
14. Roseland
No details available
15. Carnon Downs
Every 1st & 3rd Thursday 2–4pm
16. Truro
Every 2nd & 4th Friday 1.30–3.30pm
17. St Agnes
Every 1st & 3rd Wednesday 2–4pm
18. Perranporth
Every 2nd & 4th Monday 2–4pm
19. Crantock
Every 1st & 3rd Monday 2–4pm
20. Newquay
Wednesdays 10–12pm
21. Newquay (St. Columb Minor)
Every 2nd & 4th Thursday 2–4pm
22. St Columb Major
Thursday's 1–3pm
23. Probus
Every 2nd & 4th Wednesday 2.30–4.30pm
24. Mevagissey
Every 1st & 3rd Thursday 2–4pm
25. St. Austell
Every 1st & 3rd Monday 2–4pm
26. Fowey
Alternate Thursdays 2–4pm
27. Polperro
Every 3rd Friday 2–4pm
28. Pelynt
Every 3rd Thursday 2–4pm
29. Looe
Every 2nd Friday 2–4pm
30. Donderry
Alternate Thursday 2.30–4.30pm

Did you know?

The Memory Café Network have recently published a book for someone who loves and cares for someone living with dementia. The book, 'Careblazer Guide', was based on the original by an American doctor who worked with older adults and their caring family members for over a decade.



David Gregory, a volunteer for Penzance Memory Café, contacted the author and asked for her book to be localised to Cornwall with his help. The book hones in on the carer's role including coping mechanisms, self-care tips and a 'survival guide checklist'. You can get a copy of the book by contacting them through their website or visiting a Memory Café.



31. Millbrook
Every 1st Tuesday 2–4pm

32. Saltash
Every 2nd & 4th Wednesday 2–4pm

33. Callington
Every other Saturday 2–4pm

34. Pensilva
Every 4th Thursday 2–4pm

35. Liskeard
Every 1st Friday 2–4pm

36. Launceston
Alternate Saturdays 2–4pm

37. Bude
Every 1st & 3rd Friday 2–4pm

38. Camelford
Every 2nd and 4th Wednesday 2–4pm

39. Padstow
Every 2nd & 4th Tuesday 1.30–4.30pm

40. Wadebridge
Every 2nd & 4th Saturday 2–4pm

41. Bodmin
Every 2nd & 4th Thursday 2–4pm

42. Lostwithiel
Alternate Thursdays & every 1st & 3rd Friday 2–4pm

disAbility Cornwall & Isles of Scilly

Advice and Support Organisations

ACAS (Employment Advice)	0300 1231100
Addaction Cornwall	0333 2000325
Age UK Cornwall Community Helpline	01872 266383
Alcoholics Anonymous	0800 9177650
Arthritis Care	0300 7900400
British Polio Fellowship	0800 0431935
Care & Support Team disAbility Cornwall & IoS	01736 751929
Career South West	0800 9755111
Charcot-Marie-Tooth UK	0300 3236316
Citizens Advice	03444 111444
Cornwall Advocacy	01872 242478
Cornwall Eating Disorder Service	01872 221434
Cornwall People First	07469 928565
Cornwall Personality Disorder Service	01872 221434
Cornwall Rural Community Charity	01872 273952
Council for Racial Equality in Cornwall	07515 580002
CRUSE Bereavement Care Cornwall	01726 76100
Direct Payments Scheme Advice Team	01872 324155
DIAL Cornwall	01736 759500
Dyslexia Cornwall	01872 222911
Epilepsy Action	0808 8005050
Headway (the brain injury association)	0808 8002244
Healthy Gay Cornwall	01209 615600
Hearing Loss Cornwall Text phone	01872 225868 01872 263664
Huntington's Disease Local Care Adviser	01579 345480
iSight Cornwall (Sight Centre)	01872 261110
Kernow Carers Service Helpline	0800 5878191
Macmillan Cancer Support	0808 8080000
ME Association	03445 765326
Mencap Helpline	0808 8081111
Merlin MS Centre	01726 885530
Mid-Cornwall Lifestyles	07967 822340
Motor Neurone Disease Association	0808 8026262
Multiple Sclerosis Society	0808 8008000
National Autistic Society West Cornwall	0808 8004104
Royal Osteoporosis Society Helpline	0808 8000035
Parkinson's UK	0808 8000303
Relate (Relationship Counselling)	0300 0030396
Royal National Institute of Blind People	0303 1239999
Scope	0808 8003333
SEAP Advocacy in Cornwall	0300 3435706
Sexual Health Service (The Hub)	01872 255044
Shelter Helpline (Housing Advice)	0808 8004444
Shine (Spina Bifida & Hydrocephalus)	01733 555988
SSAFA Forces Support	0800 7314880
St Petroc's Society	01872 264153
Stroke Association Helpline	0303 3033100
Truro Young Women's Centre	01872 260847
YMCA	01736 334820

Cornwall Council

General Enquiries	0300 1234100
Housing	0300 1234161
Adult Social Care	0300 1234131
Council Tax	0300 1234171
Benefits	0300 1234121

Crisis Support

Cornwall Rape & Sexual Abuse Centre	01872 303038
Cornwall Women's Refuge Trust (24 hrs)	01872 225629
National Domestic Violence Helpline	0808 2000247
Samaritans Cornwall	01872 277277
Victim Support	0300 3030554
West Cornwall Women's Aid Helpline	01736 367539
Women's Rape & Sexual Abuse Centre	01208 77099

Health

Cornwall P'ship NHS Foundation Trust	01208 834600
Derriford Hospital	01752 202082
Healthy Cornwall	01209 615600
Healthwatch Cornwall	0800 0381281
Marie Therese House (MTH)	01736 758875
Millbrook Healthcare	0300 3030123
Neurology Care Advice Service	01209 881656
NHS Non-Emergency Service	111
NHS Complaints Advocacy	0300 3305454
NHS Kernow	01726 627800
Prosthetics Rehabilitation Service	01752 268011
Royal Cornwall Hospitals Trust (Treliske)	01872 250000

Mental Health

Cornwall Mind	01326 617220
Cornwall Children & Adolescent Mental Health Service (CAMHS)	01872 322277
MIND Information Line	0300 1233393
Nightlink (Emotional support) (5pm – midnight)	0808 8000306
Pentreath Ltd	01726 862727

Mobility Equipment Suppliers

British Red Cross	01209 614928
Cornwall Mobility	01872 254920
EPC Wheelchairs	01872 218008
HSC Mobility	01736 755927
Unique Mobility	01566 774030
Pro Mobility	01326 569494
Tremorvah Industries	01872 324340

Directory

Parents, Young People & Children

Childline	0800 1111
Contact a Family (for families with disabled children)	0808 8083555
Cornwall Educational Psychology Service	01579 341132
Family Information Service	0800 5878191
Kernow Young Carers / SPACE	01872 321486
NSPCC Child Protection Helpline	0808 8005000
Parent Carers Cornwall	07973 763332
SENDIASS	01736 751921
Sibs (for siblings of disabled children and adults)	01535 645453
Young Minds (parents helpline)	0808 8025544
Young People Cornwall	01872 222447

Patient Advice Liaison Services (PALS)

Cornwall Partnership NHS Foundation Trust	01208 834620
Derriford Hospital	01752 202082
Royal Cornwall Hospitals Trust (complaints dept.)	01872 252793

Police (Devon & Cornwall)

Emergency	999
Emergency Text phone	80999
Crimestoppers	0800 555111
Non-Emergency	101
Non-Emergency Text phone	18001 101

Taxis

A2B Truro	01872 272989
A2B Falmouth	01326 317898
Parnells Taxis Bodmin	01208 73000 / 75000
Caradon Cabs	01579 340007
St Erth and Hayle Cars	01736 754000
Summercourt Travel (minibus)	01726 861108
Travel 4000	01209 719961

Volunteers & Volunteer Transport

Age UK Community Transport (TAP)	01872 223388
Royal Voluntary Service	0330 5550310
Volunteer Cornwall	01872 265305

This information was correct at the time of going to press, but organisations' details are inevitably subject to change.

If you cannot find the number you need, please call DIAL Cornwall: 01736 759500.

Membership

From humble beginnings, delivering information and advice from a small room in a community hospital in Hayle, we have grown to become the lead, representative, frontline organisation for people living with a health condition or disability in Cornwall & Isles of Scilly, reaching thousands of people each year through our membership and services.

Through hearing the views and opinions of our members, we are able to use this intelligence to shape, influence and inform future policy and services across all sectors. In addition, as a user-led body we need you to tell us what you want to help drive our organisation forward.

So, how can you get involved in our community of interest? Simply sign up! Membership is currently free and will ensure you are kept informed via a weekly e-newsletter, in addition to being invited to our activities and events. You may also be eligible to join our Board of Directors.

To become a member please complete and return the form below.



Name: _____

Address: _____

Postcode: _____

Telephone (optional): _____

Email: _____

As a user-led, representative organisation, at least 51% of our members must reflect the people we are here to support. Please tell us if you have a health condition / disability. Yes No

Email communication is the best and most affordable way for us to keep you up-to-date. Please let us know how you prefer to be contacted.

Email Telephone Post

Please return this form to:

✉ disAbility Cornwall & IoS, Units 1G/H Guildford Road Industrial Estate, Hayle TR27 4QZ

@ info@disabilitycornwall.org.uk

📞 01736 759500

We hold members' contact details in a database but you can be assured this is never shared with others. Our privacy policy is available on our website.





Humans of the Peninsula

DISCOVER is all about connecting our community and providing information and practical advice to enable people to enhance their well-being in Cornwall & Isles of Scilly. Our very favourite part is always local people's own stories!

Ever heard of Humans of New York? It is a photo blog of street portraits and interviews collected on the streets of New York City.

Well the *DISCOVER* team have launched our own 'Humans of the Peninsula', or 'Hope' for short. Wherever you see a local person's story, you will see our Hope logo from now on.

So, why this particular design? In Aesop's fables and numerous other historic literature, the swallow bird symbolizes hope, in part because it's among the first to appear at the end of winter and start of spring. It's associated with love and loyalty and the swallow spirit animal is joyful.

The colour blue represents meanings of depth, trust, loyalty, sincerity, wisdom, confidence, stability, faith, and intelligence. Blue has positive effects on the mind and body and in many cultures is significant in bringing peace.

If you would like to share your story, then please get in touch.