



### Disability Essex

(Essex Disabled People's Association Ltd)

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### Centre for Disability Studies hosts fundraising concert

Saturday 10 April saw nationally renowned organist Nicholas Martin, pictured below, playing to raise funds for Disability Essex. Due to a last minute hitch, the concert was held in the south wing of our new building—a happy accident, as it gave visitors a chance to experience at first hand what our new HQ is like to live in.



Chief Executive Richard Boyd and Project Manager Stuart Kirk were on hand to give visitors a 'guided tour' of the building after the concert and explain to them the principles behind its construction.

The recently completed sensory garden, (seen below) funded by the Augustine Courtauld Trust, was also much admired.

Our first public event went without any further hitches and a good time was had by everyone.



The event was extremely well attended, and went with a real swing. Nicholas took his audience on a musical journey—through the years, and through different continents. We heard a variety of musical styles, from Strauss's *Viennese Waltzes* to the *Theme from James Bond*. Nicholas's finale was a rousing rendition of the *Theme from the Dambusters*, complete with air raid sirens!

## Pet Owners and Health

Pets are one of six major factors in maintaining the health of older people. Those with pets spend 30% less time in hospital, 40% are less likely to die from a heart attack, there is a 30% reduction in strokes, and pet owners have lower blood pressure.

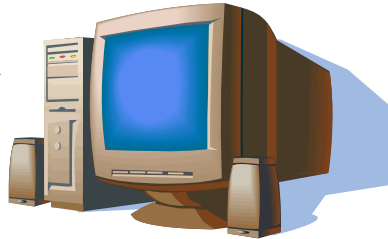
The Pets for Life campaign, launched by SCAS in 2008, highlights the impact on older people of the widespread lack of coherent policies on pet ownership in residential care homes and sheltered accommodation throughout the UK. For more information visit [www.scas.org.uk](http://www.scas.org.uk)

Source: Chelmsford CVS 'Update' newsletter, Spring 2010 (first published in Saga Magazine)

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## Arthur Rank Centre – Computers for Rural People

The Arthur Rank Scheme has established the Computers for Rural People scheme to provide computers at very low cost for people in rural areas. It can provide a low-cost computer with three months' warranty, preloaded with Microsoft software, and delivered to your door. A fully functioning computer costs as little as £109. Take a look at [www.arthurrankcentre.org.uk](http://www.arthurrankcentre.org.uk)



Source: Uttlesford CVS 'Volunteer' newsletter, March 2010

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## Cough CPR – a Dangerous Hoax

A hoax email is circulating which claims that coughing vigorously when you think you may be having a heart attack can return the electrical activity of the heart to normal. The British Heart Foundation is not aware of any evidence to support this theory and 'cough CPR' should **never** be used as a first aid technique.

If you experience heaviness or tightness in the chest, accompanied by sweating, sickness or feeling faint or breathless, you may be having a heart attack. Call 999 for an ambulance immediately.

Source: Chelmsford CVS 'Update' newsletter, Spring 2010

## Green Communities

The Green Communities programme from the Energy Saving Trust aims to support, facilitate and promote community based energy projects. From training and advice focused on project planning, to technical support and a website packed with resources, Green Communities exists to help you make a success of your ideas and projects.



Membership of the programme is FREE and can help voluntary organisations and local communities cut carbon emissions, tackle climate change and save money. To join or find out more, visit [www.energysavingtrust.org.uk](http://www.energysavingtrust.org.uk) or call free on 0844 848 0077.

Source: Uttlesford CVS 'Volunteer' newsletter, March 2010

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## Vetting and Barring Scheme Myth Busting



The Department for Children, Schools and Families has produced new online 'myth busting' guidance in relation to the new Vetting and Barring Scheme.

The guide covers when individuals will be required to register with the Independent Safeguarding Authority and also provides answers to some frequently asked questions.

To read the guide, visit [www.dcsf.gov.uk](http://www.dcsf.gov.uk) and read their Facts and Figures section.

Source: Maldon & District CVS newsletter, Issue No.35, Spring 2010-03-29

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## New online signpost for Autism

A new website has been launched to guide visitors through the maze of information about autism, bringing together some of the best resources on autism spectrum disorders (ASDs).

Please visit [www.autismlinks.co.uk](http://www.autismlinks.co.uk).

Source: Essex Mencap News, Issue 2, April 2010

## Singing Promotes Stroke Recovery

Neuroscientists have discovered that teaching stroke patients to sing can actually help to 're-wire' their brains. By singing, patients use a different area of the brain from the one during ordinary speech.

Source: <http://news.bbe.co.uk/1/hi/sci/tech/8526699.stm> (via Chelmsford CVS 'Update' newsletter, Spring 2010)

## Better Services for Young Disabled People

A working group, set up by the Partnership Team at the Pension, Disability and Carers (PDCS), is examining the services provided for disabled young people and how they could be improved – with a particular focus on job prospects.

Members of the group have already involved many organisations, including the Department for Children, Schools and Families; Department of Health; and Jobcentre Plus.

The next step is to share the findings and recommendations of the working group within PDCS before wider discussions take place.

Source: DWP Touchbase newsletter, March 2010, Edition 58

## There is plenty of help to stop you smoking

Most smokers want to stop smoking and it's the single most important thing a smoker can do to live longer. At any one time, about one in 6 smokers are trying to quit. It's not easy but more than 12 million people in Britain are now successful ex-smokers. Most of those who do stop, do so by themselves.



Being determined is the vital ingredient. There is no quick and easy way and nothing can MAKE you stop but you can if you really want to, and there are ways you can significantly increase your chance of becoming smoke-free.

Quit, the charity that helps smokers to stop recently launched an e-mail service. By writing [stopsmoking@quit.org.uk](mailto:stopsmoking@quit.org.uk) people will get personal responses from trained counsellors, tailored to their specific needs.

Source: North Essex, New G.P. Community Health Care Guide

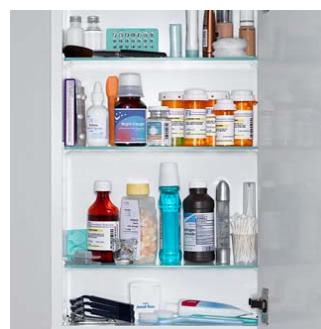
## Silver Scribblers

The Book Trust has launched a new website and magazine, *Bookbite*, to show that it is never too late to join a reading group, try creative writing, keep a diary, or use the internet to research family or local history.

Copies of the magazine have been distributed in partnership with Age Concern and WRVS. To get inspired, visit [www.bookbite.org.uk](http://www.bookbite.org.uk).

Source: Chelmsford CVS 'Update' newsletter, Spring 2010

## Health Chiefs Warn of Medicine Collection Message



RESIDENTS across north east Essex are being warned of the dangers of putting unwanted medicine outside their homes in collectable bags.

Residents in Redbridge have received leaflets through their letterboxes urging them to put unwanted medicines in a bag provided. The bag will then be collected, says the letter, and the medicines used to save lives in the third world.

Whilst this may seem a worthy sentiment, whether or not the company behind this venture is genuine, placing unwanted medicines in bags outside your home is an extremely irresponsible and potentially dangerous thing to suggest.

Anyone, including children, could gain easy access to all sorts of drugs and medicines if left outside homes as suggested in this letter, with possibly fatal consequences.

If this letter does start circulating locally, people are urged to ignore it. Unwanted or out-of-date medicine should be returned to their nearest pharmacy where they will be safely destroyed.

Source: Email 23/03/2010

## Cake Break

The Hairy Bikers invite you to host a Cake Break on 30th April (or a date that suits you). This is your perfect excuse to enjoy cake and a cuppa with family and friends and a deliciously simple way to show your support for people affected by MS.



Last year Cake Break raised over £194,000: and we are hoping that this year it is even more successful, said Dave Myers, one half of the TV chef duo, the Hairy Bikers.

Free prize draw: As with previous years there is an exciting Cake Break competition. Prizes include a Kenwood top of the range food processor, cupcake gift boxes from the Little Cupcake Company and a signed copy of the Hairy Biker's book.

Request your free Cake Break pack by going to the MS Society web site and following the links to Fundraising. Please quote or select MS Society Website when registering.

Visit [www.mssociety.org.uk](http://www.mssociety.org.uk) for more details

Source: *mss East Herts & West Essex Branch Newsletter*

## Special Children's Day at ZSL London Zoo 12<sup>th</sup> June 2010



A fun day at the Zoo which is organised once a year for children with special needs and their families. This is a planned event and takes place throughout the day at the Zoo, we offer a special reduced rate on entrance as well as discounts in all our retail outlets and the main cafeteria. We also organise a unique welcome entrance near to the main car park, live music, interpreters and arts, crafts and face painting.

Visit [www.zsl.org](http://www.zsl.org) for more information.

Source: *email, Steve Marriott 23 March 2010*

## FOR SALE FOR SALE FOR SALE FOR SALE

### Mobility Scooter

Make: A large Pride

Price: £150

Also an all weather cover. Offers accepted

Willing to separate:

Please contact Pearl: 01702 586974

### Publication of Report Mobility Scooters (HC 414)

The Government must act on the findings of its consultation on mobility scooters, says the Transport Select Committee. The legal status of mobility scooters is defined in "The use of invalid carriages on highways regulations 1988", and in rules 36-46 of the Highway Code. There are two classes of powered mobility scooters:

Class 2 vehicles are designed to be used on pavements only, except when crossing from one side of the road to another, are limited to 4 mph, and must weigh no more than 113.4kg.

Class 3 vehicles can be used on roads, are limited to 8 mph, and must weigh no more than 150 kg. Class 3 vehicles are required to be registered with the DVLA, but there is no penalty for failing to do so.

Launching the report, Committee Chair Louise Ellman said, "Increasingly, mobility scooters are a vital aid for many people in the UK. We welcome the independence that these vehicles can give people to go about their daily lives. We welcome the Department's current consultation on mobility scooters but, unlike the previous review in 2005, the Government must act on its conclusions."

Visit <http://www.publications.parliament.uk/pa/cm/cmtran.htm> for more information.

Source: *email, TRANSCOM@parliament.uk 6<sup>th</sup> April 2010*

*Please note that all responsibility for adverts within this publication is between the buyer and the seller. Disability Essex can accept no liability for equipment advertised.*

*We wish to remind all wheelchair users that there is a recommended wheelchair "Highway Code", copies of which we can supply on application. Furthermore, Class 3 Invalid Carriages must be registered with the DVLA.*