



Disability Essex

(Essex Disabled People's Association Ltd)

Centre for Disability Studies, 34 Rocheway, Rochford, SS4 1DQ.

Telephone: 0844 412 1771 - Fax: 0844 8800 614 - Helpline: 0844 412 1770

Email: info@disabilityessex.org - Website: www.disabilityessex.org

Charity Reg. No.: 1102596 - Company Reg. No.: 4980118

Blessing Ceremony



Wednesday 5 May saw the Bishop of Bradwell here at the Centre for Disability Studies, bestowing a blessing on the building, its staff, volunteers, and the disabled students that will pass through its doors.

The Chairman and Board members of Disability Essex joined staff and volunteers in the new Training Room where, in due course, the large wooden crucifix—donated by Chief Executive Richard Boyd—will be displayed.

Benefactress, Mrs Jean Strutt, was also present for the occasion. A plaque marking her contribution to the charity will be placed at the entrance to the main wing, which is named in her honour.

Pictured above is Helpline volunteer Paul Hicks, together with Training Manager Stuart Kirk, at the doorway into the Peter Broughton (south) wing. The late Mr Broughton made a generous bequest to Disability Essex and, in this way, his name will live on.

Age UK—Summer Grant Programme

Grants of up to £500 are available to improve the longevity, sustainability and services offered by voluntary and charitable clubs for older people aged 50 and over, whose charitable objectives are similar to Age UK and whose annual turnover is less than £30,000 per annum.

The deadline for applications is **28 May 2010**. You can call Age UK free on **0800 169 87 87** or download an application form at <http://www.ageuk.org.uk/professional-resources/summer-grant-programme/?paging=false>.

Source: Email from BDVSA, 14 May 2010

Disability Essex computer game

David Elsey, a student at SEEVIC (sixth form college in Thundersley), contacted us recently. As part of his A Level computing project, he is creating a computer game and he sought our permission to use the work and activities of Disability Essex as the framework for his game.



David is pictured above with Paul Hicks, (again!) who provided him with valuable user feedback on the game.

Did you know there is no 16-hour rule about volunteering while you are on Jobseeker's Allowance?

You can volunteer as much as you like as long as you are still actively seeking work. Unfortunately, most Jobcentre staff are not up to speed on the rules and tend to assume there is a 16 hour rule because there is one for other types of activity.

The Jobcentre Plus leaflet called Volunteering While Getting Benefits, which is available from www.dwp.gov.uk/docs/dwp1023.pdf, explains the rules in more detail.

Source: Third Sector, 13 April 2010

Chelmsford's Disability Sports Launch Day

Are you a disabled person who wants to get active but doesn't know where to start? Or a sports/activity provider who wants to help disabled people get active? If so, come and join the Chelmsford Disability Sports Launch Day on Thursday 27 May 2010.

The event is to be held at Chelmsford City Football Club and runs from 11am until 2pm.

For more information visit:
www.chelmsford.gov.uk/disabilitysport

Source: www.chelmsford.gov.uk

Special Needs Handbook

The Special Needs Handbook will be an online reference guide with practical tips and solutions for people living with or supporting a child or adult with special needs. It will launch in the spring on the Netbuddy website. The guide is still being compiled and contributions are welcome.

Email: mail@specialneedshandbook.com.

Source: Essex Mencap news, issue no 2, April 2010

The Mobility Roadshow



The Mobility Roadshow®
the future of mobility

The mobility Roadshow takes place on 1st, 2nd, & 3rd July 2010 at the East of England showground Peterborough.

This is the UK's original hands-on-event, and has showcased mobility innovation for over 25 years, providing advice, information and free seminars to answer your questions. You can test drive vehicles, wheelchairs, powerchairs and scooters, and take away a wealth of ideas for home, leisure and much more.

Open 10am daily, with free admission and parking

To register for your FREE tickets visit www.mobilityroadshow.cco.uk or call 0845 241 0390.

Source: Third Sector, 13 April 2010

Paralympic ban lifted

Athletes with a learning disability will now be competing in 2012.



Following a vote by the International Paralympic Committee (IPC) at the PC General Assembly in Kuala Lumpur last November, athletes with a learning disability have now been re-included in the Paralympics.

'Finally the Paralympic door is open and athletes will be given the recognition they deserve as elite sportsmen and women,' said Tracey McCillen, the national director of the UK Sports Association for People with a Learning Disability.'

Source: Essex Mencap news, issue no 2, April 2010

Disabled Persons Railcard

Get a third off rail fares for you, and a companion by paying just £48 for a three-year Railcard.

You qualify if you meet any of the criteria below:

- You receive Attendance Allowance
- You receive Disability Living Allowance
- You are registered as having a visual impairment
- You have epilepsy and have repeated attacks or are currently prohibited from driving because of epilepsy
- You are registered as deaf or use a hearing aid
- You receive severe disablement allowance
- You receive War Pension's Mobility Supplement for 80% or more disability
- You are buying or, leasing a vehicle through the Motability schemes

To find out how to apply see the leaflet 'Rail Travel Made Easy' (available at stations) or contact:

www.disabledpersons-railcard.co.uk
disability@atoc.org
0845 605 0525

Source: MSMatters, Issue 90, March/April 2010

Your work, your health, your life

A new website is being launched to help people with long-term fluctuating health conditions remain in work.

'Work in Life' has been developed by the MS Society in partnership with a range of charities, employment organisations and healthcare professionals, and with funding from the Department for Work and Pensions.

The website brings together examples of best practice, guidance for employers and employees, and research and case studies from across the employment sector and from around the internet into one dedicated portal.

The site is aimed at 3 key audiences – employers, employees and healthcare professionals – and information is focused on helping people to stay in work and maintain a good quality of life.

Source: MSMatters, Issue 90, March/April 2010

Disabled people face barriers in enforcing access rights



A new report has called for major changes to make it easier for disabled people to enforce their rights to access goods and services. The Rights and Reality report by Leonard

Cheshire Disability (LCD) says improving access is a "vital step" towards achieving equality for disabled people, while poor access is a "key contributing factor" to disability poverty.

The report says the "major block" to change is the difficulty disabled people face in enforcing their rights under the Disability Discrimination Act (DDA) and challenging discrimination. Two in five of those questioned, in a survey of nearly 1,100 disabled people, had experienced problems accessing goods and services in the last year. But one in five had never heard of the DDA, while another 51 per cent knew little or nothing about it.

The survey also found that while more than a quarter of disabled people who had experienced difficulty accessing goods and services had taken action to challenge it, such as a formal complaint or not returning to a shop, only one per cent had taken legal action and less than a tenth of those who took action said the organisation had made any improvements.

Guy Parckar, public policy manager for LCD, said that inaccessible goods and services 'can contribute directly to the chances of a disabled person living in poverty through barriers to employment, education and other opportunities.'

News provided by John Pring at
www.disabilitynewsservice.com, 14.4.10

Transition Magazine

Written by young people aged between 13 and 25 years, *Transition* magazine is for young people with disabilities. Take a look at:

http://www.kids.org.uk/information/100428/100623/102840/transitions_magazine/

Source: Essex Mencap news, issue no 2, April 2010

Dementia report draws positive conclusions on life quality

People with severe dementia can be enabled to express views about what is important in their lives, according to new research.



The research by the Mental Health Foundation for Alzheimer's Society also concluded that maintaining a good quality of life was "perfectly possible" following a diagnosis of dementia. It also found a "discrepancy" between the views of people with dementia, and those caring for them, on what was most important to their quality of life.

Separate research for Alzheimer's Society found only 13 per cent of the general public believe that someone with dementia could have a good quality of life at all stages of their condition.

The project aimed to improve the measurement of quality of life for people with dementia, drawing directly on their own views and experiences. It found that the top five indicators of a good quality of life were: relationships, or someone to talk to; the environment; physical health; a sense of humour; and independence.

Heather Roberts, 54, who was diagnosed with Alzheimer's disease four years ago, said: "Being diagnosed with Alzheimer's disease certainly changed my life but that doesn't mean I don't have a good quality of life.

"Yes I have dementia but there is much more to my life than that."

News provided by John Pring at www.disabilitynewsservice.com, 14.4.10

Blues Body Care

There is a five week course starting (aimed at the over 55s), £1 per session, starting Tuesday 17th June 2010, from 10.30am – 11.30am, at Rettendon Village Hall, Main Road, Rettendon.

Session include: Exercise to Music, Fitness Walking Circuit Training, and much more.

To book please call 01702 341351

Source: email, Shelley Woods 7 May 2010

FOR SALE

Enigma Light Weight Travel Wheelchair.
Folds flat, used twice, cost £160, will accept £80.

Walking frame £10

3 wheeled Tri-Walker ideal for shopping £30.

For more information telephone: 01702 521936

Survey on attitudes to mental illness

On 30 March 2010, the Department of Health published its annual statistics on attitudes to mental illness.

It seems that People are broadly sympathetic towards people with a mental illness. However, some attitudes towards people with mental illness are worse compared to when the Department of Health first commissioned the poll in 1994. Several attitudes that had worsened over the period up until 1997 have since improved.

Reactions to a number of statements have changed between 2009 and 2010. For example, there was a tendency towards greater tolerance; 'Locating mental health facilities in a residential area downgrades the neighbourhood' – agreement with this statement decreased from 21% to 18%.

Residents have nothing to fear from people coming into their neighbourhood to obtain mental health services' – agreement with this statement increased from 62% to 66% agreement.

On one item though, opinions were less in favour of integration. Agreement with the statement 'Mental hospitals are an outdated means of treating people with mental illness' – fell from 37% in 2009 to 33% in 2010.

Source: Equality & Diversity Newsletter, 13 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.