

November 2011



# Disability Essex helps people with disabilities to lead independent lives.

## Paralympics 2012 fundraising



Please join us for tea to raise funds for a racing wheelchair & training to help Anne Wafula Strike compete in the 2012 Paralympian for Essex



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Date: **25 November 2011**

Time: **4 - 6 pm**

Raffle

£1.00 per ticket

£10.00 per person or £20.00 includes a signed copy of her book

Taking place at  
The Centre for Disability Studies  
34 Rocheway  
Rochford, Essex  
SS41DQ

For more information contact  
Julie Mills 0844 412 1771

**New contact details:** ..see the last page for the updated list of contacts, email address and telephone numbers. This newsletter and back copies are available to down load at <http://www.disabilityessex.org/disability-essex-news/>



## Get the job that could save your life

NHS South East Essex  
and NHS South West Essex

Despite the unexpected good weather that we enjoyed last week, it is the time of the year when we see many people suffering from “flu like illness”. Like every winter the Flu viruses, including Swine Flu virus (H1N1) have begun circulating amongst us and is attacking people with weak immune system and those suffering from other long term conditions like asthma and diabetes.

- People with long term conditions and serious illness that make their immune system weak for example cancer, asthma, diabetes , heart disease and neurological illnesses.
- Carers who look after vulnerable people, and
- People over 65 years of age.

Nationally, during 2009 winter season more people died from influenza and pneumonia than those who died with breast or prostate cancer. The NHS in south Essex is today urging people at risk of flu to get protected and have the vaccine.

Some people are more at risk from flu and need the vaccine because they are not able to fight off flu as easily as others.

People in the at-risk groups can get their free flu vaccination by contacting their GP practice. For more information visit: [www.nhs.uk](http://www.nhs.uk).

Four groups have been identified as being most at risk:

- Pregnant women

Source: Email, Angela Wong Keet, Communications Officer, NHS South East Essex. 21/10/2011

## Volunteering

Have you got some time to give - about 4 hours once a week? We are looking for someone who can:

- confidently answer the phone and take messages,
- write a short article for our newsletter,
- do some typing or data entry,
- mentor someone who needs to build up their confidence,
- perform some public speaking,
- update the database



If any **one** of the above tasks has peaked your interest, please contact us at [hayley.meagher@disabilityessex.org](mailto:hayley.meagher@disabilityessex.org)

## Disability Inclusion Society

The Disability Inclusion Society or DIS is a new service for adults with special needs. Terry Orchard the founder spent almost 10 years working as an Artist in special needs schools around the county. Terry states the reason he set up the organisation was to enhance the social and practical opportunities for people with disabilities while working towards a true inclusive society.

DIS runs community projects throughout South Essex. The three experienced Artists work with small groups of people on fun, safe and stimulating jobs such as Gardening, decorating and DIY.

Some of the projects coming up include renovating several community halls, creating the scenery for drama groups, and working with Age Matters helping elderly residents with small

DIY jobs. The projects are suitable for people aged 16 and above.

The scheme is backed by Essex Adult Social Services, Basildon Council and Transitions Pathways.

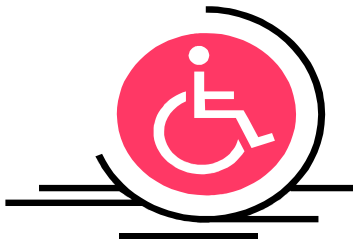


DIS has a number of places for adults with special needs whom are interested in participating in fun, safe and stimulating maintenance projects in the local community. For more information please visit our website [www.dis4u.co.uk](http://www.dis4u.co.uk) or call Elaine on 07914334892.

*Source: Email, Stuart Orchard-Rowe, DIS. 24/10/2011*

## Mobility 4u

19a Station Road Westcliff on Sea,  
Essex. SSO 7RA



**Mobility 4U**

Medical Aids and Equipment for hire and sale

Full range of all your mobility needs from wheelchairs to commodes and more, available to hire on short or long term packages, or to purchase and a full aftercare plan as part of our customer service.

Tel 01702 339880 or 07770 601009

email [mobility4ushop@gmail.com](mailto:mobility4ushop@gmail.com)

## Disability Essex Law Clinic

A monthly Law Clinic started at the Rochford headquarters of Disability Essex in February 2011.

It takes place on the last Thursday of each month and you need to make an appointment, the next clinic is on the 24<sup>th</sup> November, when a qualified solicitor will be on-site between 3.00 – 5.00 pm for confidential specialist advice.

The focus of the service will be disability employment law including problems associated with discrimination.

to make an appointment  
call Julie Mills at Disability Essex:  
0844 412 1771

## The Centre for Disability Studies Room Hire

### Training Room

(includes coffee/tea + water)

Statutory Bodies and Commercial Organisations

- £80 per half day session

- £150 per full day

Charities & Member Clubs

- £50 per half day session

- £100 per full day

To view the facilities, more information or to make a



Disability Essex

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Centre for Disability Studies  
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ROCHFORD  
Essex

Phone: 0844 412 1771

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Helpline: 0844 412 1770

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Website: [www.disabilityessex.org](http://www.disabilityessex.org)

Charity Reg. No.: 1102596

Company Reg. No.: 4980118



[www.disabilityessex.org](http://www.disabilityessex.org)

## Making Contact

### Interim CEO

[p.thornton@disabilityessex.org](mailto:p.thornton@disabilityessex.org)

### PA to interim CEO/Office Manager

[julie.mills@disabilityessex.org](mailto:julie.mills@disabilityessex.org)

### Accounts

[hayley.meagher@disabilityessex.org](mailto:hayley.meagher@disabilityessex.org)

### Club and Group Support

[genine.rolfe@disabilityessex.org](mailto:genine.rolfe@disabilityessex.org)

[info@disabilityessex.org](mailto:info@disabilityessex.org)

### Helpline

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### Newsletter Editor

[claire.bergin@disabilityessex.org](mailto:claire.bergin@disabilityessex.org)

## Dates for your Diary

Christmas carol & Craft market

Disability Essex

Friday 16 December

10.00am to 3.00pm

Includes mince pies

## For Sale

Any thing to sell?

Email:

[claire.bergin@disabilityessex.org](mailto:claire.bergin@disabilityessex.org)

with your details

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.