

June 2012



When you have read this publication please pass it on

Disability Essex - helping disabled people lead independent lives.

New Training Courses at Disability Essex



Disability Essex are providing the following training courses:

Disability Awareness
Equality and Diversity Awareness
Work Club – Certificate in Employment Skills – Level 2
Work Club – Certificate in Pre-employment Skills – Level 3
Basic Computer Skills
Access Auditor – Level 3
Disability Awareness Training for Taxi Drivers – NVQ 2
MiDAS
Preparing to Teach in the Life Long Learning Sector – Level 4
Mental Health First Aid Awareness
Tai Chi
Zumba
Creative Writing
Renewable Energy Awareness

For more information or to book a place
phone

0844 412 1771
or email

training@disabilityessex.org

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Message from the editor... tell us what you think of the newsletter and what you would like to see in future issues. Respond to the queries and comments you read. Write in with your thoughts on different topic. We want to hear from you!

Price comparison websites offer no choice for disabled

Leading price comparison websites are letting down disabled and older people by ignoring basic web accessibility guidelines, according to e-accessibility expert, AbilityNet, in a report issued today.

Four of the five sites surveyed:

- www.comparethemarket.com
- www.gocompare.com
- www.mysupermarket.co.uk
- www.confused.com

scored the minimum one star, whilst www.kelkoo.co.uk managed a two star rating. Not one of the five sites achieved a three star rating required to indicate a base level of usability for those with disabilities.

Source: <http://www.abilitynet.org.uk/enation181>

“Like everyone else in these hard times the country’s 12 million disabled people want to get the best deal when they’re shopping, whether that’s for insurance, groceries or anything else. But these cash strapped shoppers are losing out due to badly designed web pages that prevent them from shopping around and accessing the online bargains they need to make ends meet.”

And it’s not just the consumers who are losing out. Apart from the obvious moral argument for accessibility, the retailers linked to these sites won’t be happy about missing out on a market which represents a spending power of some £120 billion every year.

For more information visit www.abilitynet.org.uk/enation181

Riverside Ice & Leisure Centre



Disability Sports Day 2012

Activities throughout the day for all ages and abilities.

Sunday 17 June

1pm and 5pm

Offers people with a variety of disabilities and their families, the opportunity to try an exciting range of sporting activities.

For more information visit:

www.chelmsford.gov.uk/disabilityday

Source: email, Janet West, 23 May 2012

DIGITAL SWITCHOVER



Disability Essex trained the following people:

Older People	357
Learning Disabilities	39
Socially Isolated	56
Sensory, mobility etc	196
Non Speaking English	18
Mental Health	13
Help Scheme eligible	76
Total	745

In addition

One to one	219
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Source: email, Julie.mills, 29 May 2012

Sage Accounting Training



Can't get your head around Sage Accounts then this is the course for you, no previous experience required.

28th June

10am - 3pm

£50 per person for club members

£100 per person for non club members

at
Disability Essex
Centre for Disability Studies
34 Rocheway
ROCHFORD
Essex
SS4 1DQ



Lunch provided

To sign up for membership contact julie.mills@disabilityessex.org

Mobility 4u

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



Mobility 4U

Home Services Domestic Care

**Dignified Care within your own home
Independent living allowance compatible
Let the choice be yours**

Tel 01702 339880 or 07770 601009

email mobility4ushop@gmail.com

www.mobility4ushop.com

Flower Arranging

Flowers



Fresh/Silk Flower Arranging
Here Every Thursday
10.00am-12.noon
at

Disability Essex
Centre for Disability Studies
34 Rocheway
ROCHFORD
Essex

Tel: 0844 412 1771

Fax: 0844 8800 614

Helpline: 0844 412 1770

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

Fresh!Silk

Mobility Roadshow - help to get up and go!

The popular Mobility Roadshow returns to the East of England Showground, Peterborough on Thursday 21st, Friday 22nd and Saturday 23rd June. For over 30 years it has enabled disabled and older people to test drive a wide range of adapted vehicles - either as driver or passenger - and gain top advice from motoring experts.



It's fun too

Try all sorts of sports in the Sports Arena/Activity Zone, get healthy tips in the Fitness Zone, have your say in the Design Zone, and check out Switches for Kids, Tech for Teens, Interactive Crafting, wheelchair skills training and Meet the Experts sessions.

Try out independent living aids

It's lively and interactive. As well as all things mobility motoring, this is a great place to try out the latest innovations in accessories, wheelchairs, scooters and bikes, home and children's products, clothing, gadgets and gizmos. Plus charities, information services, and organisations offering advice and products that include insurance, accessible holidays and accommodation, fitness and therapies.

Register for test drives and free tickets now at www.mobilityroadshow.co.uk or call 0845 241 0390 and follow us on Facebook and Twitter.

Editorial contact for more information:

Rosemary Vaux
020 8943 5343
mobile 07792 72 62 41
pressoffice@mobilityroadshow.co.uk

Source: email, Rosemary Vaux, 15 May 2012



Breaking Free - Moving Away From Home

Living independently can be a life-changing moment for many young people, and with the right care, support and planning it might not be quite as difficult as you would think. It's vital to do a bit of research and assess your options before you start packing your bags. So what do you need to think about?



Money matters

United Response, a nations charity supporting people with various disabilities, produces a range of guide to managing money, explaining everything from opening a bank account to insuring your home. To find out more visit <http://banking.making-money-easier.info/>



For more information visit
www.unitedresponse.org.uk



Where to stay

You may have many options to discover. For advice and inspiration visit www.housingoptions.org.uk

Getting help

Your social worker will be able to help you find out what benefits you're entitled to.

Or visit www.in-control.org.uk

Source: Enable magazine, May/June 2012



Disability Essex Clubs - Continued from last month

Epping Forest

Loughton Baptist Church Day Care Centre
(Friday Lunch Club)

Ongar Club for the Physically Handicapped

Leigh On Sea

Essex Army Cadet Force

Maldon

Maldon & District Vision Impaired Club

Maldon District Disabled Person's Club

Maldon Pioneers Association

Tillingham Wednesday Club

Rayleigh

Disabled Christians Fellowship

Rayleigh Physically Handicapped
Club

Rayleigh Age Concern

LOSSuk

Rochford

Disabled Christian's Fellowship

Tai-Chi Chuan

Romford

Havering Albemarle Club

Southend

Southend Stroke Club

The Taxi Drivers Charity Fund for 'Local' Children
in Need

Tendring

Tendring Access Group

Thurrock

Corringham Handicapped Invalid People's Society

The Snowdon Club

Uttlesford

Dunmow Blind & Housebound Social
Club

Dunmow Disabled Club

Thaxted Centre for the Disabled

The Centre for Disability Studies Room Hire

Training Room

(Includes coffee/tea + water)

Charities & Member Clubs

- £50 per half day session
- £100 per full day

To view the facilities, more information or to make a booking, please phone 0844 412 1771 or email to julie.mills@disabilityessex.org



Disability Essex

Disability Essex
Centre for Disability Studies
34 Rocheway
ROCHFORD
Essex
SS4 1DQ

Phone: 0844 412 1771

Fax: 0844 8800 614

Helpline: 0844 412 1770

E-mail: info@disabilityessex.org

Website: www.disabilityessex.org

Charity Reg. No.: 1102596

Company Reg. No.: 4980118



www.disabilityessex.org

Making Contact

Chief Executive Officer

p.thornton@disabilityessex.org

PA to CEO/Office Manager/CRB Contact

julie.mills@disabilityessex.org

Accounts

hayley.meagher@disabilityessex.org

Club and Group Support

genine.rolfe@disabilityessex.org
info@disabilityessex.org

Helpline

helpline@disabilityessex.org

Newsletter Editor

claire.bergin@disabilityessex.org

For Sale

Polycarbonate Cold Frame
with anchor points

£10

Book Case (Teak effect)

6 shelf's

£10

Claire 07519 176326

Please note that all responsibility for adverts within this publication is between the buyer and the seller. Disability Essex can accept no liability for outside advertising of services or 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.