

August 09

**ABERDEENSHIRE
DISABILITY
ACTION Ltd**
*Supporting the **individual***



ISSUE 19

Editorial

Welcome to the August edition of the ADA newsletter which I hope finds you fit & well. After the wettest July in the area for 30 years, we are hoping that August onwards will bring some improvement to our summer weather.

Inside you will find a report on the Holistic Housing conference which was held at the end of June which was very well attended. A follow up meeting is planned to take the issues forward.

The Disability Education Service is in the planning stages of its venture into secondary school disability awareness. With an accessible vehicle now at our disposal, it should be easier to organise transport for disabled volunteers for the project. Primary school visits will start again once the school term starts in mid August. New volunteers are always welcome to the Service. A recent problem with obtaining Disclosure checks has now hopefully been resolved and it is anticipated that there should not be any further delays with these.

Can I also remind you of the services that we offer here at Unit 4 Blackhall Industrial Estate, Inverurie such as an excellent colour photocopier with colour copies at only 10p per sheet. We offer fax facilities, laminating, binding, projector hire, all at reasonable prices. Our meeting room is available to hire by the hour at the most competitive price of £10 per hour for charitable organisations & £15 per hour for other organisations. We also have a small room which is available for one-to-one meetings at a cost of £5 per hour. Please do get in touch if we can help out in any way.

Housing Forum Report

Aberdeenshire Disability Action hosted a very successful and interesting forum on Holistic Housing for People with Disabilities on Friday, 26th June at the Barn and Bushel, Thainstone Centre, Inverurie. There was a full house and a mixed audience made up of professionals, people with disabilities, carers, and volunteers.

The subjects covered were varied. These included housing provision in the public and voluntary sectors, with information on the emerging market relating to home ownership options for people with disabilities using benefit based mortgages, combined with Housing Association funds and occasionally Government Capital grants.

A presentation by the local council's Telecare representative was a real eye-opener, using a case study to describe how someone with severe mobility problems could still have a high degree of independence and feel safer within their own living environment through the use of this programme. It soon became clear that direct payments are not the answer to all the difficulties encountered, but may in time provide some of the solutions for independent living.

The presentation from local housing associations such as Tenant's First and the Disabled Persons Housing Association Aberdeenshire showed that the service is so much more than just housing provision. For example, DPHSA helps with Advocacy, Tenant's Rights, and benefit information, among much more.

The general consensus at the conclusion of the conference was that all who attended found it both informative and interesting. Both the presenters and members of the audience were of the opinion that they had learned a great deal. After discussion with all those present it has been decided that this was just the start and a follow-up debriefing was needed.

It is the intention of the organisers to hold a meeting in August when the issues raised at the conference will be discussed and a decision made on how to move forward on Holistic Housing for People with Disabilities.

The Stroke Association

The Stroke Association in Scotland: Seeking the views of stroke survivors

Around 12,500 people in Scotland have a first stroke in Scotland every year. It is the third most common cause of death and the leading cause of impairment amongst adults.

The Stroke Association are keen to hear the views of stroke survivors or carers to inform the activities that they undertake in Scotland. What do you think is going well? How do you think we could do better in Scotland?

If you wish to share your views, please contact The Stroke Association in Scotland at:

Angela Macleod
Communications Manager
The Stroke Association in Scotland
Links House
15 Links Place
Edinburgh
EH6 7EZ
Email: Angela.Macleod@stroke.org.uk
Tel: 0131 555 7244

For more information about The Stroke Association, please go to:
www.stroke.org.uk/scotland

Better Information For Disabled People

Jonathan Shaw, Minister for Disabled People has launched a toolkit to help councils produce better information for disabled people.

The toolkit gives advice and guidance on a range of issues including how to involve disabled people and how to create accessible formats. It has been published by the ODI, with significant input from disabled people and local authority staff.

This document sets out the business case for accessible information provision to senior civil servants, relating it to their wider strategic objectives whilst making a real difference to people's lives.

Read the toolkit on <http://www.officefordisability.gov.uk/docs/wor/imp/toolkit.pdf>

Sainsbury's Bay Abuse Fines

Supermarket chain Sainsbury's has announced it is to begin fining customers who misuse accessible parking spaces at its stores.

18,000 bays across 400 store car parks will be patrolled by uniformed 'monitors' on motorbikes, who will have the power to issue £50 fines to offenders. Sainsbury's said that in a trial of the scheme at 61 stores last year, the fines improved availability by 70% in just three months. All of the profits from the scheme will be donated to the charity Mencap.

Helen Smith from the disabled motorists' charity Mobilise said: "I'm really delighted that Sainsbury's has decided to fine bay abusers at many more of its stores.

"Mobilise has been campaigning for years for supermarkets to start fining abusers as we believe the only way to stop lazy, inconsiderate people from parking in disabled bays is to hit them where it hurts – their pocket.

"I hope that before long all Sainsbury's stores will implement fining so disabled people can do their shopping without the worry of finding a parking space."

Gavin Clarke, Sainsbury's manager of car parks said: "The vast majority of those who shouldn't be parking in these bays think that because they are just popping in for a few things they won't cause any inconvenience to the people who really need them. But they do."

"We've tried gentle persuasion, but 'monitors-on-motorbikes' is the first scheme that's produced serious results," he added.

Disabled character for EastEnders

A disabled actor is to join the cast of EastEnders, it has been announced. David Proud, 26, who uses a wheelchair, will be the first disabled actor to have a regular role on the show.

He will play Adam Best, an Oxford University student who comes to Walford to stay with his mother, Manda, during the holidays in the BBC soap. EastEnders' executive producer Diederick Santer said he would be playing an "interesting, but possibly irritating character". Santer said "I'm delighted to welcome David to EastEnders. He's a fine young actor with a wonderfully dry comic delivery. I'm sure he, and his character Adam, will be a strong addition to EastEnders".

In recent years there have been a number of guest characters with disabilities, and the show has also told the story of Jean Slater, who has bipolar disorder.

Proud's character is said to be self possessed and a little snobbish, with a low opinion of his mother's boyfriend Minty. He said, "I am delighted and honoured to be joining such a talented cast. I'm very excited and looking forward to bringing the character to life".

The announcement came as Jana Bennett, BBC's Director of Vision, launched an online directory of disabled actors, comedians and performers.

David will make his Albert Square debut later this year.

Story from BBC News.

Language-A Good Practice Checklist

Avoid/Offensive	Preferred	Avoid/offensive	Preferred
Victim of.....	Person who has.... Person with Person who ex- periences	Cripple or crippled	Disabled person or mobility impaired person
Crippled by....	Person who has... Person with...	Deaf and dumb	Deaf or hearing I mpaired person
Suffering from....	Person who has... Person with....	The blind	Blind or visually im- paired person
Afflicted by..	Person who has Person with	The deaf	Deaf people
Wheelchair bound	Person who uses a wheelchair or wheel- chair user	Mentally handi- capped, backward, dull	Learning difficulty
Invalid (=not valid)	Disabled person	Retarded, idiot, imbecile, feeble- minded	Developmentally impaired
Mental	Disabled person	Mute, dummy	Speech impaired person
Handicapped	Disabled person	Mentally ill, men- tal patient, insane	Person with mental health impairment or survivor/user of mental health sys- tem
The disabled	Disabled people	Abnormal	Different/disabled person
The handicapped	Disabled people	Patient	Person
Spastic	Cerebral Palsy	Special needs	I ndividual needs

Online Exercise Classes for Arthritis

Bupa launches online exercise classes to ease arthritic pain. Britain's nine million arthritis sufferers can now find relief from their symptoms and boost their wellbeing by following free online exercise videos which represent a first on the web for arthritis treatment.

The videos have been developed with doctors and physiotherapists in response to fears held by many arthritis sufferers that exercise may aggravate their condition.

There are five to choose from; one on general exercise and others looking at joint specific exercise. Each video has a person demonstrating the exercises and a physiotherapist to guide the user.

For more information see below and click on Video.

http://hcd2.bupa.co.uk/fact_sheets/html/arthritis.html

Arthritis and Employment

Arthritis Care in Scotland is developing a project to support people with arthritis to remain in work. They want to know about your experiences of working with arthritis or your experience of employing someone with arthritis. They want to know where things have gone wrong, but also some examples of success in order to put together a problem solving tool kit for employers. Contact the Arthritis Care in Scotland office for more details. Tel: 0141 954 7776 or email Scotland@arthritiscare.org.uk

People with arthritis can find it difficult to find and stay in employment. In a survey of people with arthritis in October 2008, Arthritis Care found that 44 per cent of respondents were no longer in work, and, of those, 70 % described arthritis as the main reason for them leaving their job. Of people in work, 85 % were concerned that they would have to stop working because of arthritis.

ASDA tests the market

Supermarket chain ASDA has become the first in the UK to sell living aids aimed at disabled and older people.

75 ASDA stores are now stocking 15 products including mobility aids such as folding wheelchairs and walking sticks, as well as urine bottles, tap turners and easy handle pans.

They will be sold under the brand Mobilease, developed by businessman Dermot McLaughlin.

Mr McLaughlin said that the disability living aids industry had been "living in the dark ages for decades."

He said: "They should be easily available to customers, but the existing government system can be slow and restrictive."

"It has been my ambition for years to take these products mainstream. They provide a great benefit to a vast number of people, but for too long people have not known where to find them.

Chris Shaw, CEO of the Disability Living Foundation, welcomed the move, saying that it made such equipment more readily accessible to disabled and older people.

She said: "It shows that there is an important and growing need for it and that is part of the solution to people living safely and independently at home. We hope this move will mean that more people are aware that equipment exists and how to find it."

However, she also sounded a word of caution about making such equipment available to all.

"It's also important that people have the right information and advice before purchase and that they have access to professional assessment where this is needed," she said.

ASDA said it hoped that selling the goods in its stores would "break down the negative stigma and taboos."

Independent Living Scotland 2009

9th – 10th September 2009, Scottish Exhibition and Conference Centre, Glasgow.



Independent Living Scotland is the leading event for disabled people and healthcare professionals in Scotland & the North of England.

Key organisations & associations are taking a stand at the show to raise their profile and get their message across.

Exhibitors include Inclusion Scotland, Glasgow Disability Alliance, Glasgow Centre for Inclusive Living, Capability Scotland, Update, Department for Work & Pensions, Arthritis Care Scotland, College of Occupational Therapists, Unison, Motability, RNID, Leonard Cheshire Scotland, MS Society, NAEP, Spinal Injuries Scotland and Unison.

Over 3,000 visitors will be attending the show which takes place every 2 years at the SECC in Glasgow - so don't miss out!

For more information please contact Bindi Chakki on 0207 728 4262

To register for FREE tickets please visit www.independentlivingscotland.co.uk

Summer Fruits

If you enjoy summer fruits but prefer them grown without pesticides, try delicious Good Natured strawberries and raspberries from Angus Soft Fruits. They use natural predators such as ladybirds to control bugs like greenfly—so you don't get pesticides and cream. Find them at Sainsbury's, Co-Op, Asda and Morrisons; goodnaturedfruit.co.uk

Rainbow Stickers

Grampian Police are committed to Diversity and Equality and are delighted to introduce a universally recognised symbol of Equalities and Diversity to the Force.

The rainbow colours are acknowledged throughout the world as a sign of Equality and Diversity and Grampian Police will display a rainbow window sticker in all their offices throughout the Force showing that they are an organisation who openly embraces and promotes the full spectrum of Equality and Diversity.

PC Derek Allison, Aberdeenshire Division Diversity Officer stated, " It is a great way of advertising the Grampian Police commitment and understanding of Equality and Diversity. The rainbow colours are recognised worldwide and for our communities to see this being displayed in all Police Offices is very positive. There may be some people who will not be aware of what the stickers represent but it is hoped that with them being displayed so openly they will prompt people to ask".

Karen Williams, Director of Corporate Services and chair of Grampian's Group on Diversity, said " The Force is always looking for ways to demonstrate to our staff and our communities that we are committed to Equality and Diversity. The public and our staff should feel confident that we will treat everyone fairly and equally. The idea to have the stickers was presented to our practitioners, who were keen to support it".

The introduction of the Equality and Diversity rainbow stickers across the Force are being launched in conjunction with the first annual report of the Force's Single Equality Scheme. This Scheme includes all aspects of Equality and Diversity and is the platform for shaping Force development in areas concerning Age, Disability, Gender (including Transgender), Race, Religion or Belief and Sexual Orientation. This report can be accessed via the Grampian Police website at www.grampian.police.uk or alternatively request a hard copy by contacting 0845 600 5 700.

Talent Alert



The BBC is launching a search to find new actors with disabilities, targeting new talent across the UK.

Talent Alert is an open call to find new disabled performers. We want to fully show the diversity of Modern Britain and to find new actors and performers; once past the initial stages for certain people there will be workshop and training possibilities and there would be ongoing support to help people develop a viable career in the industry. But first we need to meet the talent!

We are holding auditions for actors and performers with disabilities in major regional cities; the next date is Glasgow on 26 August.

If you have a disability and are interested in performing, and would find it possible to attend an audition in Glasgow, then even if you have not trained and have no acting experience as yet, then we would very much like to meet you and see what you can do! What is on offer at this stage is a 20 minute meeting/audition with a BBC casting director, where you can either read some TV scenes or perform a short monologue or acting piece.

You WILL need to make an appointment. Please send an email to sarah.hughes@bbc.co.uk, ideally attaching a photograph of yourself, with a brief description of yourself and letting us know about any acting you have done in the past (no experience is necessary, however!) It would also be very helpful if you were prepared to volunteer some information about your disability.

ABERDEENSHIRE DISABILITY ACTION

Unit 4 Blackhall Indust.Est., Inverurie AB51 4FS

Telephone : 01467 629909 Fax : 01467 629447

Opening hours Monday - Friday 10.00 - 3.00

The answering machine will take your message at other times.

STAFF

Yvonne Macdonald

E-mail:

Executive Officer

ymacdonald@tiscali.co.uk

Yvonne Macdonald

E-mail:

Cancer Support

ymacdonald@tiscali.co.uk

Christine Kerr

E-mail:

Administrator

christinemkerr@tiscali.co.uk

Stephen Leeman

E-mail:

Development Worker

Disability Information Service/Forums

stephenleeman@tiscali.co.uk

Brian McNally

E-mail:

Project Co-ordinator

Disability Education Service

brianmcnally@tiscali.co.uk

Please note that ADA does not necessarily endorse or subscribe to any of the items included or opinions expressed in the newsletter.

This publication available in alternative format on request.

Aberdeenshire Disability Action, Unit 4 Blackhall Industrial Estate, Inverurie AB51 4FS

Charity No. SCO21996. Company No. 182760. Registered Office: Amicable House, 252 Union Street, Aberdeen AB10 1TN. www.aberdeenshiredisabilityaction.org