

June 09

ISSUE 18

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



## *Editorial*

Welcome to the June/July edition of our newsletter. We hope you have been enjoying the recent fine weather, let's hope the forecast for a "barbecue summer" comes true.

Highlights of the newsletter include news of the Holistic Housing for People with Disabilities event that is being held on the 26th June in Inverurie. Early indications show that this is going to be a well attended event so don't delay in booking your place if you wish to take part.

Holistic healing sessions are on offer as well as the counselling sessions available here at ADA - all free to disabled people.

As you will see within, our Disability Education Service has been granted funding for another year from the Education Department and we are delighted about this.

Three DVD's are now available of the Respect Event at Mintlaw Academy which Yvonne and Brian were involved in, which raised awareness in the young people about respecting people no matter what their age, gender, religious belief, sexual orientation or disability. If you look very closely you can see Yvonne dodging the cameras in the background, but Brian is more visible! If anyone wishes to view them, please let us know.

For those of you who may have forgotten to renew your annual membership or wish to start subscribing to ADA, the membership form is attached at the end of this newsletter.

## *Board Report June 2009*

We do have updates on all the issues we mentioned in the last newsletter. Our Council funding was less than expected and requested, although we have asked that monies that were donated to us, or that we raised directly ourselves should not be included in our financial assessment. We still await a response to this request. Otherwise, the Board is taking time to decide the steps necessary to ensure that we have a sustainably funded organisation in place before the start of the next financial year, i.e., one that is not dependent on reserves to survive, given that reserves will eventually run out.

The best piece of news is that funding will be in place to continue the Education Service for at least another year. This has been a very well received piece of work and we must thank all those who have been involved for making it such a success. Not only that, but we will be now also be working with the pupils of Fraserburgh Academy to develop an awareness pilot for academy age children.

The application for the personalisation project was delivered just in time, thanks to the efforts of staff, volunteers and our partners at Dundee University and Grampian Opportunities. We believe that this is a necessary piece of work but, as only 5% of applications will be successful, we have decided not to hold our breath! We are, however, investigating a couple of other funding possibilities for this project.

As before, we will keep you posted of any further developments.

## *Your Just Rewards*

Have you experienced the "joy of giving"? Perhaps it was after a charitable donation or lending a helping hand. Scientists have found out that we profit emotionally, if not financially when we decide to donate. The midbrain, a region associated with primal desires such as food and sex, shows heightened activity when donating. The pay-off is that your brain will seek the pleasurable activity again. With that in mind, don't forget to use Easyfundraising for your online purchases and nominate Aberdeenshire Disability Action as your charity of choice. To date we have raised £166.42 - every little helps!

## Aberdeenshire Disability Action

*Invites you to our Disability Forum on*

# Holistic Housing For People with Disabilities

A community forum for discussion of the issues and complexities surrounding housing for people affected by disability.

Friday 26<sup>th</sup> June 2009

Barn and Bushel

Thainstone Centre, Inverurie

10 a.m. – 3 p.m.

Guest Speakers from:

Momentum Scotland  
Inclusion Scotland  
Aberdeenshire Council  
Disabled Persons Housing Service

Telecare  
Tenants First  
Direct Payments

A buffet soup & sandwich lunch will be provided. Let us know if you are coming, for catering purposes. Please notify us of any special dietary requirements.

Please tell us in advance if a hearing loop system is required.

**ABERDEENSHIRE  
DISABILITY  
ACTION Ltd**



## Aberdeenshire Disability Action

Unit 4, Blackhall Industrial Estate  
Inverurie AB51 4FS

Phone 01467 629909

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

## *Help for Disabled Homeowners*

A nationwide scheme which helps disabled people carry out essential home adaptations has been enhanced. Changes arising from the implementation of the Housing (Scotland) Act 2006 will trigger a simpler and fairer system of financial help.

For people assessed as needing essential adaptations, local authorities must give a grant of 80% of the cost, or 100% for people on the lowest incomes. There are no longer any arbitrary limits on the amount of grant that can be provided. Under the previous system, grant was only given towards the first £20,000 of works to provide bathroom and toilet facilities for a disabled person, and there was a means test to assess entitlement beyond the 50% minimum.

Disabled home owners having difficulty getting into or around their home should contact their local council's social work department to arrange an assessment of their needs.

The duty to give grants applies to a wide range of adaptations, including:

- Replacing the bath with a walk in shower

- Constructing a ramp to help someone get into their home

- Fitting lower work surfaces to make the kitchen easier to use

Councils do not have to give a grant for house extensions (for example to provide a ground floor bedroom) but can do this if resources allow. They must provide some form of assistance.

The changes on help with adaptations are part of a wider suite of changes being introduced as part of the implementation of parts of the Housing (Scotland) Act 2006. The changes give local authorities modernised powers to tackle poor private sector housing and to provide non-financial and/ financial assistance to owners.

## *Free "One to One" Holistic Healing Sessions*

The Kinord Spiritual Centre (Scottish Charity Number SC03666) are offering free Holistic Healing sessions in the comfort of your own home, or at Aberdeenshire Disability Action's premises if you prefer.

Healing sessions only take 10 minutes of your time.

Holistic Healing is a Complementary Therapy which treats the person as a whole. The Healer acts as a channel for the healing energies which are passed to the recipient and act as a trigger for self healing. This enables the body to regain its balance and harmony. Holistic Healing treats the source of the problem rather than the symptoms. It is believed that a great many of the outward symptoms of ill health are merely a reflection of inner disharmony within us. This can arise through stress, anxiety, anger etc.

All healers are experienced, U.K. Registered Spiritual Healers who practice four methods of healing. These are Contact Healing, Near to the Body Healing, Distant Healing and Absent Healing.

Contact Healing is spiritual healing by the laying on of hands upon the body.

Near to the Body Healing is spiritual healing involving the placing of hands at a distance of approximately three inches from the body.

Distant Healing is healing sent by the power of thought to a person physically present but who is not receiving Contact Healing or Near to the Body Healing.

Absent Healing is healing sent by the power of thought and prayer to a person not physically present.

If interested, please contact FREDA on 01339 881615 for more info.

## *Take part in BBC Game Show?*



Brighter Pictures is looking for lively PAIRS of contestants to audition for a chance to be on...

### A BRAND NEW, BBC GAME SHOW!

Can you name a European capital city?

Can you name a James Bond movie?

Can you name a President of the USA?

If so, you could be in with a chance of winning thousands of pounds!?

Could you trust your friend, your Mum, your boyfriend or your work colleague under pressure?

We would like to hear from pairs who think they can take up the challenge!

JUNE 2009 auditions are about to get underway for filming in JULY, so please apply ASAP!

If you want the opportunity to audition, please email

[gameshow@endemoluk.com](mailto:gameshow@endemoluk.com)

for an application form TODAY

or send a request to: Amy Hargreaves, Endemol UK, Shepherds Building Central, Charecroft Way, London, W14 0EE (stating a return address)

We will use your information for the purposes of selecting contestants for the programme.

Closing Date: 31<sup>st</sup> July 2009.

All applicants must be 18+ and be resident in the UK.

Further terms and conditions apply.

## *Free Accessible Britain Book*

Accessible Britain book worth £6.99, free to Blue Badge holders.

The popular new Rough Guide to Accessible Britain (Edition 2) is out now. It's not available in the shops, so to make the most of the spring and the longer, lighter days, you can order your copy now. The 2009 Guide contains:

- Over 175 inspiring ideas for great days out across the UK.
- Wide range of reviews all by disabled visitors.
- Something for everyone from parks and museums to scenic journeys and more.
- Detailed information on accessibility.

If you are a disabled Blue Badge holder just go to [www.accessibleguide.co.uk](http://www.accessibleguide.co.uk), fill in the form, change the drop down menu list asking whether you have a blue badge to "yes" and then pick which council issued it.

You can order now online or call 0800 953 7070 - lines are open 8am to 8pm daily.

## *For Sale*

Cordoba Mobile Scooter  
Hard top, window wipers  
Offers.

Tel. Mr James  
01888 568269

## *Golf Competitions June 2009*

The Scottish Disability Golf Partnership was formed with the assistance of Scottish Disability Sport in 2006 and organises golf and golf tuition for anyone in Scotland with a disability, serious health issue or mobility problem.

They have two to three training sessions each year where beginners to the sport and established players are given free training by PGA Professionals. They also organise numerous golf events and competitions for both nine and eighteen hole players for only a nominal entry fee.

The SDGP and its supporters have received an invitation to play golf at :

St Michaels Golf Club, Leuchars Wednesday 3rd June at 12.00 hrs.

Scotsraig Golf Club, Tayport Friday 19th June at 14.00 hrs.

To play at one or both of these golf courses, an entry form has to be completed which is available, on request, from us at ADA. Entry, covering golf and catering, is £20 per person, per match or only £30 if you enter both ! Coaches and supporters can play for the same entry fee, and places will be allocated on a first-come, first -served basis. Entries will not be accepted after one week prior to each event.

Anyone interested in learning or playing golf, should contact;  
[sdgp@btinternet.com](mailto:sdgp@btinternet.com)

## *Radar Key*

The National Key Scheme gives access to disabled people to around 7,000 locked public toilets around the country. The key can be bought from their website [www.radar-shop.org.uk](http://www.radar-shop.org.uk) for £3.50 or from [www.yourableshop.co.uk](http://www.yourableshop.co.uk) for £1.97. Radar also provide a guide to all accessible toilets in the national key scheme, available for £12.95.

## *Higher Rate DLA*

People with severe sight loss are to get higher rate Disability Living Allowance and will be able to claim a higher rate of benefit worth an extra £29 a week, thanks to a sustained campaign by RNIB. The charity said the move would make 'a huge difference to people's lives' when it takes effect from April 2011.

DLA is intended to help people with a range of disabilities. But until now claimants with severe sight loss were not eligible for the higher mobility component of DLA, worth £46.75 per week. They could only claim the lower rate of £17.75.

RNIB has claimed this discriminated against blind people, insisting that sight loss is just as formidable a barrier to freedom of movement.

## *New, Free Housing Advice Service*

Looking for information and  
advice about housing  
in Aberdeen & Aberdeenshire?

Come along to the  
MONTHLY HOUSING SURGERY

First Tuesday of every month  
11am — 2pm in the Quiet Cup,  
Central Library, Aberdeen

For further information contact Alison

Tel. 07982 823594

Interpreters & Translators arranged  
Housing providers working in partnership

## *Blue Badge Sat Nav*

BBNav is the first dedicated Blue Badge sat-nav solution specifically designed to support disabled drivers and those caring for the disabled, such as their families or carers.

BBNav includes all of the features found on a standard sat-nav but has been enhanced to provide detailed information to support Blue Badge holders including:

On-street disabled parking bays.

Disabled accessible car parks.

Local council Blue Badge parking concessions.

Points of interest to support people with disabilities including:

Radar toilets

Accessible accommodation

Accessible beaches

Shopmobility centres

It is available to purchase from these suppliers :

Gowrings Mobility :0845 608 8050 <http://www.gowringmobility.co.uk>

GPSA : 01382 847930 <http://www.gpsaffiliate.co.uk>

Maplin: 01224 789567 <http://www.maplin.co.uk>

The Pie Guide: 0844 847 0875 <http://shop.thepieguide.com>

Prices between £195—£199.

## *Aberdeenshire's Woodland Walks*

Aberdeenshire Disability Sport in partnership with Forestry Commission Scotland can offer many walks with all ability trails providing stunning views in Aberdeenshire. Walks include Bennachie Visitor Centre, Cambus O'May, Glen Tanar, Bellwood and Foggieton Wood.

**Bennachie:** many walks on offer including an all abilities trail. All walks provide stunning views. Location: Chapel Of Garioch, AB51 5HX. Good parking facilities including parking bays for people with disabilities. Toilets available at Visitor Centre including toilets for people with disabilities.

**Cambus O'May:** Four way-marked trails including an all abilities trail. Offering fantastic views of Deeside including Lochnagar, when you walk through this beautiful Highland pinewood. Location: Between Ballater and Aboyne, AB35 5SD. Good parking facilities including parking bays for people with disabilities. No toilet facilities on site.

**Glen Tanar:** Mixed woodland with varying trails. Good all abilities 550m long Juniper trail. Access to visitor centre over large hump backed bridge which may cause access problems.

Location: From Aboyne, head South over River Dee and turn right onto B976. After approx 1.3miles turn left into Glen Tanar. Good parking facilities. Toilet facilities available at visitor centre.

**Bellwood:** Large forest mainly of Scots Pine. Good smooth path for all abilities. Location: Enter via Hospital Road, Aboyne. Small parking facilities. No toilet facilities, public toilets available in Aboyne.

**Foggieton Wood:** Foggieton Wood is an interesting mixture of broadleaves and conifer trees. Every trail is way-marked including a short blue all abilities trail. Location: Driving on the A944 turn south along unclassified road at the Kingswells roundabout, turn right at T-junction, then first left. Good car parking facilities. No toilet facilities on site.

To download a leaflet with further details go to:

<http://www.aberdeenshire.gov.uk/recreation/disabilitysport/WoodlandWalks170409.pdf>

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The answering machine will take your message at other times.

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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.

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## MEMBERSHIP APPLICATION

UP TO 31 MARCH 2010

May we invite you to take up membership of Aberdeenshire Disability Action Limited. Each member is entitled to receive a copy of our annual report and bi-monthly newsletter. Notification concerning forthcoming events will be circulated. Information and matters of interest or concern in the field of disability are also circulated to members.

MEMBERSHIP COSTS: ORGANISATION - £10 INDIVIDUAL - £5

Name of individual or organisation	
Do you have a physical and/or sensory disability?	
Address	
Post Code	
Telephone number	Day Evening
E-mail details	
Would you rather receive your copy of the Newsletter by email?	Yes/No

Do you require the newsletter with larger print than point 14 ? Yes/No

If you are joining as an organisation, could you please complete the details below

Details of your organisation	
Approximate membership	
How often do you meet?	

The mailing list for our membership is kept on computer and on file to allow us ease in sending information to our members. In signing your membership form, you will indicate to us that you are aware that we are holding your details and that you do not object to this.

I /We enclose a cheque/postal order for £      being the current year's subscription.

Signed..... Date.....