



Provides a range of services for people with disabilities

**inspire** c o m m u n i t y t r u s t

INDEPENDENT LIVING CENTRE

# NEWSLETTER

SPRING 2010

*"Your link to Disability Information"*

**Inspire** is a user-led independent charitable trust which provides high quality services for people with disabilities and is housed in a fully accessible building with on site level parking. Our aim is to enable, empower and enhance the lives of people with disabilities and hope this newsletter goes some way to doing that. Please get back to us with your news and views.

**At Inspire we offer:**

- Day Support - 01322 344816
- \* Disability Information - 01322 341638
- Housing Occupational Therapy - 01322 344801
- Individual Budget and Direct Payment Support - 01322 344804/  
Service—Brokerage for Care 344824/344807
- Living Solutions: Equipment  
(Demonstration/Try and Buy) - 01322 341638
- Physical Disability Registration - 01322 344821
- Sensory Support (Sight/Hearing) - 01322 344811/344827
- Short Term Breaks for Children & Young People - 01322 344804/344824
- Transport Advice and Information - 01322 344823  
(Blue Badge, Freedom Pass, Taxicard/Capitalcall)

Please phone on **01322 341638** or call in for an information folder and brochure telling you all about us. We are open **9am—5pm** every week day. We are happy to give talks on our work please phone **01322 341638** or contact the team you are interested in directly.

**Inspire have a drop-in service  
for people who are Deaf or hard of hearing:**

Thursday 2.30pm—4.00pm

20 Whitehall Lane, Slade Green

**Mondays 9.00am-11am** at Civic Office Contact Centre, Bexleyheath Broadway

**\*DISABILITY INFORMATION SERVICE—Important Update.** Please note that the service, previously run by BADP (Bexley Association of Disabled People) is now run by Inspire. The phone number is now **01322 341638** NOT 01322 350988. The new enquiry line is now available 9am to 5pm every weekday. We have information sheets available on Benefits, Accommodation, Places to Eat, Transport etc. We look forward to hearing from you.

20 WHITEHALL LANE, SLADE GREEN, KENT, DA8 2DH Tel: 01322 341638

Fax: 01322 345416

Minicom: 01322 334716

Email: [info@inspirecommunitytrust.org](mailto:info@inspirecommunitytrust.org)

[www.inspirecommunitytrust.org/www.shop4carebexley.co.uk](http://www.inspirecommunitytrust.org/www.shop4carebexley.co.uk)

Registered Charity No: 1107820

**LIVING SOLUTIONS** is a new project at Inspire offering impartial advice and support to help older people or those with a physical or sensory impairment to buy suitable equipment. By making an appointment with us you can have a free assessment by a trained person, usually an Occupational Therapist and don't have to buy anything if you are not sure. You can come back at any time to place an order or get more advice. There is currently a charge for a home visit. We stock small pieces of equipment such as hand reachers at £5, RADAR keys and pretty walking sticks.

Contact: **01322 341638**      Minicom: **01322 334716**  
Email: [joanne.theobald@inspirecommunitytrust.org](mailto:joanne.theobald@inspirecommunitytrust.org)

**"THE FRIENDS"** at Inspire are a group who raise funds to provide extras for disabled people using our day support service. They have discos, bazaars, raffles, coffee mornings and much more. They have given donations such as computers, a television, polytunnel and a rain shelter for the garden plus paying for Christmas entertainment. They desperately need more people to help them to continue their good work—just a few hours will do. Perhaps you could bring some good ideas, skills and energy or volunteer to become a committee member. Please contact Ann Markey on **020 8304 2659** or leave your details at Inspire Reception.

**HAPPY BIRTHDAY!** On Friday 26th February Inspire celebrated their 5th birthday and also, in partnership with Bexley Council, hosted the launch of their "CARE PORTAL" website. Over 50 people attended including the Leader of the London Borough of Bexley, Cllr. Teresa O'Neill, the Council's Cabinet member for Health and Social Care, Cllr. David Hurt, Directors and staff from Social Services, representatives from Health, Housing and the Voluntary Sector, Inspire Board members and staff, users of the Centre plus colleagues from contracts with Bromley and Kent. Finally, the cake was cut by Ranjit Bhamra, Board member and Co-Chair of Inspire Community Trust, who expressed his pride at the launch of the Portal and hoped that the website would make living independently easier. People using the portal are asked to feedback their experience and development ideas to continue to improve the site.

**NEW AT INSPIRE** - [WWW.SHOP4CAREBEXLEY.CO.UK](http://WWW.SHOP4CAREBEXLEY.CO.UK) is a "Portal" which has been specially created in partnership with Bexley Council and other local partner organisations to help parents, disabled people, older or retired people and carers to find and choose the support or care services they need. It gives a quick and easy way to look at the range of services and support on offer and organisations that provide them. Some of the services available are home care, equipment, safety, transport, rights, leisure and much more. If you do not have access to a computer or website please contact **Inspire** on **01322 341638/minicom 01322 334716** or email [info@inspirecommunitytrust.org](mailto:info@inspirecommunitytrust.org).

<b>We Stock</b>	Radar Keys	£ 3.50
	Blue Badge Holders (Leather)	£ 5.00
	Blue Badge Parking Maps	£ 3.00
	Hand Reachers from	£ 5.00

**Also forms for:** Blue Badges, Taxicard and Vehicle Exemption for Dartford Bridge

**Groups who meet here:**

**Parents Power** (for disabled Parents and their families) -

meet twice a month on the 2nd Saturday 2pm-4pm and the last Monday 4.30pm-6.30pm.

Contact **01322 351555** or **07821 397200**

**MS Group** - Val Burton Contact **020 8306 0523**

**Monday Group** (for people with physical disabilities) - Contact Bill Hoskins **01474 853946**

**Blind Group** (every Tuesday afternoon) - Contact: **01322 344806** (Viv Howie)

**Deaf Club** (1st & 3rd Friday in month) Contact Barry Hartwell - [barry.hartwell@ntlworld.com](mailto:barry.hartwell@ntlworld.com)

**BADP** - Monday 10am-4pm (membership & campaigning) Contact: Mary Driscoll **01322 350988**

**We recently won contracts for the following:**

**In Bexley:**

**DIRECT PAYMENTS AND BROKERAGE FOR SHORT TERM BREAKS FOR DISABLED CHILDREN AND YOUNG PEOPLE.** We have been asked by Bexley Council's Childrens Teams to provide support services for Direct Payments. The Government has provided extra funding to disabled children as a result of the "Aiming High for Disabled Children" programme. This means that the range, level and quality of short break services to disabled children and young people can be improved.

This will also benefit those disabled children who are not otherwise eligible to have services through the Disabled Children's Team.

For more information about this project please contact Melanie, Maxine or Kate on:

**Tel: 01322 344804 or 01322 344824 Fax 01322 345416 Minicom 01322 334716**

**In Kent:**

**ACTIVE LIVES NETWORK—A DAY SERVICE FOR ADULTS WITH A PHYSICAL OR SENSORY IMPAIRMENT** which is based in 3 accessible community locations at Swanley, Dartford and Gravesend from Monday to Wednesday where disabled people can meet and pursue art and craft activities, such as jewellery making. On Thursday and Friday they meet up outside and enjoy a social outing together, such as bowling. This service enables people to gain independence, to live a fulfilling, active and healthy lifestyle.



## LOCAL NEWS



Bluewater Shopping Centre is offering a new **free electric scooter service** for its disabled customers. Please call at 48 hours in advance on Tel: **01322 -427427** (availability is not guaranteed if not pre-booked). At your first visit please bring along with you two forms of identification.

**BOCCIA** sessions. Parkwood Leisure – Erith Leisure Centre has introduced Boccia into their activity programme. Boccia is a target game similar to bowls and is designed for both adults and children with disabilities.

The Boccia sessions are in the Aerobics Studio at Erith Leisure Centre on Wednesday afternoons from 1.00-3.00pm. Cost £2.00 each.

### FREE USE OF DARTFORD CROSSING

If you are receiving the higher rate (mobility part) of DLA (Disability Living Allowance) you will be entitled to exemption from paying road tax on your vehicle, this means you will not have to pay the toll when using the Dartford Crossing. You may still be eligible to cross free of charge if you meet other conditions Telephone: **01322 280200** or **e.mailexemptions@lecrossing.co.uk**. Visit the website at [www.dart-tag.co.uk](http://www.dart-tag.co.uk) or call into the Customer Centre or Information Point located at the Dartford-Thurrock Crossing Offices. Charges and exemptions may differ from crossing to crossing, so check with the Department of Transport at [www.dft.gov.uk](http://www.dft.gov.uk), which lists other UK crossings and how to get free access where applicable.

### What is CARE CENTRAL?

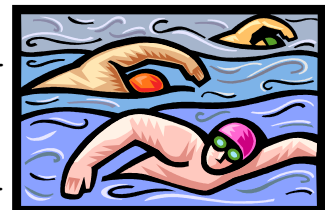
Care Central is the first place to phone if you require social care services in Bexley. They are there to provide support to people who need help to live at home, due to old age, disability, or because of accident or illness.

The first assessment determines what type of services you may need. They need to know as much as possible about your home circumstances and the difficulties you are having. In Bexley, they can only provide services to people, with "substantial or critical" needs. Telephone 01322 356363.

*For people not eligible, Inspire can offer support and information, phone 01322-341638.*

**SWIM FOR FREE!** Nearly 13,000 people have already registered for the Swim Free Scheme in Bexley!

The Swim Free scheme began in April 2009 with Bexley's leisure centres offering free swimming for people 60 and over and 16 and under. The scheme runs until March 2011 and people can register at any point during this time.



Contact your local leisure centre for more information:

Erith 01322 350271

Crook Log 020 8304 9090

Sidcup 020 8302 0556

# LOCAL NEWS

## The HOME LIBRARY SERVICE can visit you

Bexley library provides a free Home Library Service for Bexley residents who are unable to get to visit their local or mobile library.

Library books, paperbacks, large print titles, talking books and cassette tapes or C D can be delivered to homes across the Borough of Bexley.

To request this free service, or to be considered as a volunteer, contact Elaine Lapham email [Elaine.lapham@bexley.gov.uk](mailto:Elaine.lapham@bexley.gov.uk) or telephone **020 8309 4165**. She can provide advice on the Home Library Service and the current opportunities for volunteers.



## ACCESSIBLE NIGHTCLUBS

Can anyone give us information about local nightclubs that are accessible to wheelchair users? Details of the facilities available would be appreciated, such as ramps, toilets, etc. Contact Alison or Charlene at Inspire on **01322 341638**.



**CAN YOU HELP?** Do you know any local taxi firms that will take passengers who can remain in their wheelchair when travelling?

Please could you let us have details of any firm who have taxis that are adapted to do this and will take wheelchair passengers.

Telephone: **01322 341638** at Inspire

## CLUB HOPES TO FIND FUTURE PARALYMPIANS

Dartford Judo Club has set-up classes for people who are visually impaired to introduce them to the sport.

Any visually impaired Judo players taking part in the scheme will benefit from the state-of-the-art facilities and top-class coaching that will help develop them into confident adults and perhaps Paralympic stars of the future.

Dartford Judo Club is the first purpose-built judo facility in the UK and is being used by the British Judo Association in preparation for the 2012 Olympics.

Dartford Judo Club wants to be at the heart of this development for visually impaired and blind judo.

For more information email [info@dartfordjudoclub.com](mailto:info@dartfordjudoclub.com)

or visit their website at [www.dartfordjudoclub.com](http://www.dartfordjudoclub.com)

Telephone: **01322 222071**

## LOCAL NEWS

### URGENT CARE CENTRE AT QUEEN MARY'S SIDCUP

The Urgent Care Centre based at Queen Mary's Hospital Sidcup opened in October 2007 and is proving a popular service for Bexley residents.

The service enables patients to be seen faster and more effectively. If you have a minor injury or illness, you will be assessed quickly by a GP, Senior Emergency Nurse Practitioner or Healthcare Assistant. The aim is to see most patients within an hour. If after assessment you need more specialist help and possible admission to hospital you will be referred immediately.

Bexley's Urgent Care Team Centre is open from 9am to 11pm seven days a week.

To contact the Urgent Care Centre call the direct number **0208 308 5611**. It is next to the A&E Department Queen Mary's Sidcup, Frognal Avenue, Sidcup, Kent DA14 6LT.

**CHOICE BASED LETTINGS** (Bexley Home Choice). From June 2010 there will be a new way for people on the housing list (Allocations) in Bexley to check weekly on the internet and at certain public places (like libraries, where there will be printed lists) and then bid for properties by internet, telephone and text. The top ten people listed in date order will be invited to view their chosen property. For further information contact Allocations on **020 8294 6519**.

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### WE SOLICITORS — WILL SERVICE



The Wills and Probate Department at WE Solicitors offer a free Will service to people with asbestos related illness and also take on cases of people with industrial hearing related claims.

They have already helped 2 people in Bexley receive six figure sums.

Contact: David Wingate Telephone: **0161 683 3142** or Freephone **0800 294 3065**

Email: [david.wingate@wesolicitors.com](mailto:david.wingate@wesolicitors.com) or [info@wesolicitors.com](mailto:info@wesolicitors.com)

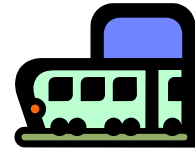
Website: [www.wesolicitors.com](http://www.wesolicitors.com)

**DISCRIMINATED AGAINST?** Cross Street Law Centre now offer **FREE** legal advice on Employment Discrimination. You can visit between **10.00am—12.30pm** on a **Friday**. Telephone Advice **2pm—4pm** on **Fridays**. Contact: Cross Street Law Centre, 4 Cross Street, Erith DA8 1RB. Tel: **01322 359957** Email: [be1st@tmlc.org.uk](mailto:be1st@tmlc.org.uk)

FREE advice on all other areas of discrimination plus other advice sessions available Monday to Thursday on Employment, Housing and Benefits. Tel: **020 8311 0555**.



## TRANSPORT



**DUAL TAX DISCS** if you have a free tax disc for your car it doesn't stop you having a free nil value disc for your class 3 scooter?

To register your scooter please contact the DVLA on 0300 790 6802 to request a V55/4 for a new vehicle or a V55/4 for a used vehicle.

### Blue Badge Map on Internet-Enabled Mobile Phones

Blue Badge holders can now access Directgov's interactive Blue Badge map online if you have an internet-enabled mobile phone.

The map can find Blue Badge parking bays, local council parking rules, accessible public toilets, train stations, ServiceCall petrol stations, shopmobility centres, accessible beaches near you and across the UK.

Directgov is a UK government information website. To get the Directgov Blue Badge map on your internet-enabled mobile phone, text **BLUE** to **83377**.

To view a demonstration video and get instructions of how to use the service, visit: [www.direct.gov.uk/en/DisabledPeople](http://www.direct.gov.uk/en/DisabledPeople).

**FIND THE NEAREST BLUE BADGE PARKING SPACES WHEREVER YOU ARE.** Blue Badge Parking Maps can also be obtained FREE online, to print or download to your SatNav at [www.bluebadgeparking.com](http://www.bluebadgeparking.com)

### Motability Cars Exempt from Congestion Charge

Motability cars are automatically exempt from the Congestion Charge as they are registered in the disabled tax class with the DVLA. If the car is registered in a different tax class or you choose to pay the tax on your Motability car it will not be exempt. If you are new to Motability and have recently taken delivery of your car it may be worth contacting Transport for London on **0845 900 1234** to make sure your car has been registered. For more information on Congestion Charge, visit [www.cclondon.com](http://www.cclondon.com). Remember that it's your Motability car which is exempt—if you are travelling in another vehicle (for example, a courtesy or hire car), will have to register it with Transport for London separately.

**ADAPTED CAR HIRE** Adapted Car Hire is a company based in Wanstead, London and specialises in the hire of vehicles for use by disabled drivers and passengers and those with mobility issues. Contact: 13 High Street, Wanstead, London E11 2AA Tel: 0845 6862007 Email: [info@adaptedcarhire.co.uk](mailto:info@adaptedcarhire.co.uk) [www.adaptedcarehire.co.uk](http://www.adaptedcarehire.co.uk)

### Car Stickers and Signs

When using a vehicle, it is sometimes necessary to draw the attention of other road users, pedestrians, etc. to the need for extra space in order to access equipment such as wheelchair hoists, access ramps, tail lifts, etc. As a means of doing this there are a variety of useful signs and labels available, ranging from "Disabled Driver" stickers to "wheelchair hoist in use" stickers. These and other vehicle accessories, including items such as "blind spot" mirrors are available from GP Special Projects. From approximately £2 per sticker. GP Special Projects Ltd (GPSP), PO Box 900, Lincoln LN6 9ZW.

Telephone: 01522 688388 or visit [www.disabledstickers.co.uk](http://www.disabledstickers.co.uk)

## TRANSPORT

**Getting that Licence.** If you receive the Higher Rate Mobility Component of the Disability Living Allowance you can drive a car at 16—otherwise it's 17.

When applying for a licence for the first time advise the DVLA of any disability. The DVLA would also need to be advised of any new medical conditions or a condition which has worsened since you passed your driving test or since your last licence was issued. Further information is available from [www.dvla.gov.uk](http://www.dvla.gov.uk).

## HOUSING

### ACCESSIBLE PROPERTY REGISTER



A register is available which specialises in selling accessible and adapted properties providing useful information on how to sell your property. Visit [www.accessible-property.org.uk](http://www.accessible-property.org.uk) for further details.

All new homes are to be built to accessible "lifetime homes" standards within the next five years. All new social housing will have to be built to the 16 Lifetime Homes standards from 2011 with regulations applying to private sector homes from 2013. New homes will have to incorporate 16 design features or lifetime standards, including walk-in showers, wheelchair accessible doors and staircases big enough to take chairlifts.

There will also be a 30% increase in funding for disabled facilities grants.

## COMMUNICATION

The **PenFriend** made by Mantra Lingua is designed to help blind and visually impaired people to create and read audio labels on everyday objects. The PenFriend can create labels, record what the product is and then re-read the label at another time so the user can identify the product. The PenFriend can record up to 70 hours of information. The cost is approximately £60.00. For further information contact Mantra Lingua Tel: **020 8445 5123** or [www.mantralingua.com](http://www.mantralingua.com) RNIB shop **0303 123 9999** or [www.onlineshop.rnib.org.uk](http://www.onlineshop.rnib.org.uk).

The **Proloquo2Go** is a new product providing a communication solution for people who have difficulty speaking. With natural sounding text-to-speech voices, up-to-date symbols, default vocabulary of over 8000 items. Downloadable onto an iPod or iPhone with the personalisation of different voice types and the capture of human characteristics. Portable and simple to use. Contact details: Website [www.therapybox.co.uk](http://www.therapybox.co.uk) Tel: **07871 406926** Email: [info@therapy-box.co.uk](mailto:info@therapy-box.co.uk)

# GENERAL INFORMATION

## National Key Scheme

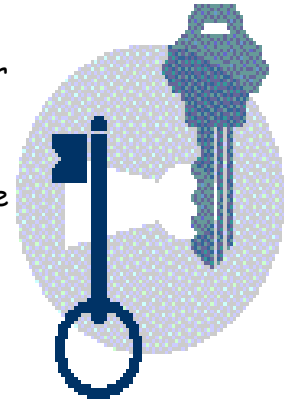
The National Key Scheme gives disabled people access to over 7,700 locked public toilets around the country.

You can buy National Key Scheme keys and books showing where the toilets are from RADAR [www.radar.org.uk](http://www.radar.org.uk).

Telephone: **020 7250 3222**.

Radar Keys are also available at Inspire for £3.50.

Telephone: **01322 341638**.



**Magnetic Bra Aids** A new front fastening bra has been developed for older and disabled women which replaces traditional fastenings with magnets. Developed by Adaptawear and the aid of Coventry University's Health Design and Technology Institute. For more information visit [www.adaptawear.co.uk](http://www.adaptawear.co.uk)

## Deaf shoppers miss out

Online retailers are losing business by making it impossible for deaf and hard of hearing customers to order on the internet. Retailers websites will require users to input their telephone number but deaf customers use a service called RNID Typetalk which requires a 5 digit prefix but not enough space is given on the website to add this information.

## Benefits Advice

Confidential advice and information for people with disabilities and their carers on what benefits you are entitled to claim. Contact the freephone Benefits Enquiry Line run by the Department for Works and Pensions.

Telephone: **0800 882200**      Textphone: **0800 243355**

**Please note:** Inspire have a Benefits Information Sheet giving details of workers in Bexley that will help you fill in forms free of charge.

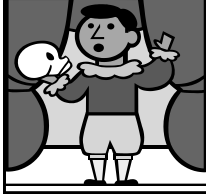
## FREE computer help for disabled people



**IT Can Help** offers FREE computer support to disabled people. If you have a disability and need IT help **IT Can Help** may be able to resolve computer issues such as diagnose and fix computer related problems, install and set-up hardware, software, internet, email and accessibility settings. They can give impartial advice on IT equipment and software to suit your interests and abilities by visiting disabled people in their homes.

Telephone (and minicom) **0800 269545**      Email [help@itcanhelp.org.uk](mailto:help@itcanhelp.org.uk)

## LEISURE AND GENERAL INFORMATION



Visit the Official London Theatre website [www.officiallondontheatre.co.uk/access/](http://www.officiallondontheatre.co.uk/access/) to obtain access information available for Theatres in London including the Access London Theatre Guide. Telephone: 020 7557 6770.

### EASY ACCESS BRITAIN

OPENBRITAIN is the title of a new guide and website with accessible places to stay and visit for people with mobility, sight or hearing impairments, with easy to use information. This guide replaces **Easy Access Britain** published by Tourism for All and **Where to Stay and There and Back by RADAR**.

The website has plenty of useful information but is a work in progress also asking you to share your own travel and accommodation recommendations by giving personal reviews to the site. Visit [www.openbritain.net/openbritain](http://www.openbritain.net/openbritain).

The OpenBritain 2010 guide is available to order at £9.99 plus £4.99 p&p. Can be ordered online at [www.tourismforall.org.uk/publications.php](http://www.tourismforall.org.uk/publications.php) or contact on 08451 249971.

### CHAIR WORKOUT DVD

For people of all abilities there is a fitness DVD available that offers a Chair Workout.

A programme of exercise for amputees, physically disabled, and overweight or elderly people. It includes aerobics, a dance section, pilates, a holistic side and was developed by amputee Leanne Grose with a team of fitness experts. Available from [www.leanneschairworkout.com](http://www.leanneschairworkout.com), HMV and Amazon.

### MOBILITY ROADSHOW 1-3 JULY 2010

The 2010 Mobility Roadshow will take place at the East of England Showground, Peterborough from 1-3 July 2010.

Check the website for more details  
<http://www.mobilityroadshow.co.uk/index.php>

From 1st April 2009 cancer patients no longer have to pay for prescriptions

### One-handed Parenting - A practical guide available for new parents

Information is available on various aspects of baby care for one-handed parents, including lifting and carrying, nappy changing, feeding, going out and about, bathing and bedtime. The guide provides things to consider as well as practical tips and equipment ideas. The guide is aimed at parents who need to carry out tasks with one hand, and may also be useful for health professionals supporting one-handed parents. Price £6.00 including P&P. To order please contact Tel: 0800 018 4730. Email: [info@dppi.org.uk](mailto:info@dppi.org.uk)

# LEISURE AND GENERAL INFORMATION



Anyone who receives Disability Living Allowance (DLA) or is a Blue Badge holder became eligible to receive a half-price fishing licence from 1st April 2009. You will need proof of your Blue Badge Number or National Insurance Number when buying your licence. For further details contact Telephone: **0844 800 5386** or [www.environment-agency.gov.uk/rodlicence](http://www.environment-agency.gov.uk/rodlicence)

## The Cinema Exhibitors' Association Card

This card allows the holder to one free ticket for a person accompanying them to the cinema. You will need to be either in receipt of Disability Living Allowance (DLA), Attendance Allowance or be registered blind. Application forms can be obtained from cinemas or visit [www.ceacard.co.uk](http://www.ceacard.co.uk)

A new dedicated indoor archery centre has opened in London called 2020



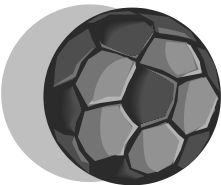
Archery. It is offering new courses for blind, visually impaired and disabled people. For more information visit [www.2020Archery.co.uk](http://www.2020Archery.co.uk)

## Guiding your Teenager with Special Needs

A book providing practical advice and valuable information to help families prepare teenagers with special needs for the transition from school to adult life. For more information or to order please call 020 7833 2307 or visit [www.jkp.com](http://www.jkp.com)

## Practical Gardening Information

Thrive is a national charity that helps people with a disability to start or continue gardening.



## Help for Football Fans

Disabled football fans are able to travel to away games more easily with access available on the government's Directgov website showing access information for approx 160 football grounds in the UK. For more information visit: [www.direct.gov.uk/bluebadgemap](http://www.direct.gov.uk/bluebadgemap)

Practical information to make garden jobs easier, advice on taking care, useful hints and tips and details of the equipment and tools which will be particularly helpful. For more information contact **0118 988 5688** or visit [www.carryongardening.org.uk](http://www.carryongardening.org.uk)

## DLA Victory for blind people.

From 2011 people with severe visual impairment will be able to qualify for the high rate of the mobility component of Disability Living Allowance (DLA). The Welfare Reform Bill has been amended to include a clause and the exact definition of severe visual impairment will be set out in regulations.

**PLEASE NOTE:** Inspire cannot accept any responsibility for the views expressed in this newsletter. Every effort is made to check the accuracy of information published and we cannot be held responsible for the consequences of any inaccuracies.

If you have any articles or letters you would like published in our next Newsletter, please send them to Inspire.