



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

ISSUE 2 2010

NEWSLETTER

"Your link to Disability Information"

Inspire is a user-led independent charitable trust which provides high quality services for people with disabilities and is based 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.

DANSON SHOW

On the weekend of the 3rd and 4th July Inspire hired a marquee at the yearly event held at Danson Park and we invited other organisations to join us. They were Bexley Council, Age Concern, Tuck on a Truck (a snack provider employing people with learning disabilities) and Goldstar (a local family company who sell scooters and wheelchairs).

Our display of equipment (Living Solutions) was very popular and hand reachers and leather blue badge holders were available. Several Inspire staff (including our Chief Executive) and a Board member volunteered their time to talk to the public to let them know what Inspire did.

Our Sensory (sight/hearing) team and other staff manned a tombola stall which raised over £300 for scented plants for the Inspire Garden project. The project was set up by users of the Centre to raise money to improve Inspire's planting area to make it fully accessible, not only for wheelchair users, but to enable all disabled people the joy of gardening especially if they don't have one of their own. Financial support, materials or offers of manpower would be much appreciated. Please contact us on **01322 341638**/email info@inspirecommunitytrust.org.

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

Fax: 01322 345416 Minicom: 01322 334716

Email: info@inspirecommunitytrust.org

www.inspirecommunitytrust.org/www.shop4carebexley.co.uk

Registered Charity No: 1107820

BLUE BADGES. Issuing of the Blue Badge is governed by legislation and people have to meet the criteria. Inspire has the responsibility of issuing Blue Badges to people of all ages with disabilities on behalf of the London Borough of Bexley. There are certain responsibilities that go with being a Blue Badge holder as follows:



When your badge is due to run out, it is your responsibility to get the application form to reapply for a new badge at least 8 weeks before it expires.

Blue Badges are issued up to a maximum of three years. If you're in receipt of the Disability Living Allowance (High Rate MOBILITY Component) and it has been awarded for more than 12 months but less than 3 years your badge will only be issued to the end of your award date and NOT the full 3 years. Every time you make an application for a Blue Badge we will need to see a copy of your latest award letter from the Department of Works and Pensions. More details of the criteria for Blue Badges can be found on our websites.

Due to the rise in abuse of the Blue Badge scheme, please make sure your badge is kept safe at all times. This is especially important if you do not have a car and rely on others to drive you about. Parking Attendants now have the power to inspect Blue Badges under the Road Traffic Act 2004 if they suspect misuse of a badge. Also drivers cannot drop off the badge holder THEN park in a disabled bay, as the badge holder must be in the car when parking.

We receive reports of badges being lost due to the badge 'flying out of the window' whilst driving. Badges must only be displayed on the dashboard when parking NOT DRIVING so this does not happen.

Although the Blue Badge scheme is recognised throughout the European Union, badge holders cannot park in the following London Boroughs: Kensington and Chelsea, City of London, Westminster and the South of Camden as only those who are resident in those boroughs are allowed to park.

When your vehicle goes into the garage for servicing/repairs, remove your Blue Badge from the car and keep it safely at home as a number of badges have gone missing.

LIVING SOLUTIONS at Inspire offers impartial advice and support to enable older people or those with a physical and sensory impairment to try equipment before they buy. By making an appointment with us you can have a free assessment but don't have to buy anything if you are not sure. You can place an order or get more advice at any-time. There is a charge for a home visit. We stock some equipment i.e. hand reachers, ferrules, raised toilet seats and pretty walking sticks. Contact: **01322 341638**
Minicom: **01322 334716**, Email: deborah.doherty@inspirecommunitytrust.org

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

Thursday 2.30pm—4.00pm at 20 Whitehall Lane, Slade Green
Mondays 9.00am-11am at Civic Office, Contact Centre, Bexleyheath Broadway

NEW CONTRACTS AT INSPIRE. We are now responsible for managing and running:
THE ASIAN DAY CENTRE in Belvedere. Open 2 days a week Thursday/Friday. Referrals via Bexley Council Contact Centre. More information from Inspire.
THE JOINT COMMUNITY EQUIPMENT STORES are currently based on the Industrial Estate in Thames Road, Crayford. Inspire is responsible for the joint Community Equipment service between The London Borough of Bexley and Bexley Care Trust. Referrals via Care Central.

STOP PRESS! From 1st November anyone wanting to apply for a Blue Badge will be able to collect the application form from any Library in the London Borough of Bexley or the Civic Office in the Broadway. Once completed it can be taken back to the library of your choice to be checked and forwarded to Inspire for processing. Once your badge is ready you will be able to collect it in person from the place of your choice indicated on the form and hand in your old badge at the same time.

Forms can still be obtained from Inspire if you prefer and collected.

Direct Payments for Short Breaks for Children and Young People

Inspire has continued its success in supporting children and young people to access funding and support for short breaks through the Aiming High for Disabled Children Scheme. Success stories include a young man paying for drumming lessons whose confidence has improved so much he was able to play the drums in front of his class mates at school. Another success is a young lady who uses the funding to pay for horse riding lessons which she loves doing.

If your interested in hearing more about the scheme, or want to apply for funding, please contact Melanie McNaught on **01322 344804** or Maxine Green on **01322 344824**.



UMBRELLAS WANTED. If you have a golf umbrella in good condition but not in use please could you consider donating it to Inspire as we use them to shelter disabled people getting in and out of vehicles when visiting our centre.

Please note that we showed the incorrect telephone number for the MS Group in our last Newsletter. It should have been as follows: **Val Burton Contact 020 8306 7050.**

PLEASE NOTE we no longer stock the Blue Badge Parking Guide for London it can be brought from PIE Enterprises Ltd, Caledonia House, 223 Pentonville Road, London N1 9NG. Telephone number **0844 8470875** or visit www.thepieguide.com/shop. Cost £6.99 including postage and packing.

They also sell a Blue Badge Protector which locks the badge in a protective sleeve to the steering wheel, single £24.99, double £29.99 inclusive of postage and packing.

LOCAL NEWS

ORDER YOUR FOOD SHOPPING AT THE LIBRARY. Did you know you can order your food shopping on-line at Bexley Borough Libraries for delivery to your home? Borough libraries with wheelchair access and accessible toilets are at Bexley Village, Blackfen, Central Library Bexleyheath, Erith, Northumberland Heath, Slade Green and Welling. Please note that parking may be limited.

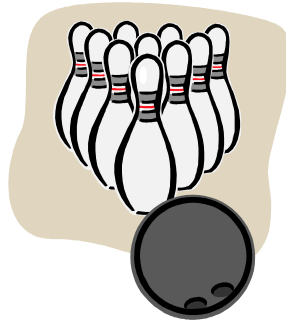


DIAL NW KENT. DIAL have joined forces with KASBAH (Kent Association of Spina Bifida and Hydrocephalus) with effect from 7 September 2010. Dial who were based at the Veterans Hall, The Hill, Northfleet are now operating from 7 The Hive, Northfleet. The new phone number is **01474 356962**.

SUPPORT GROUP. Diabetes UK Bexley Support Group helps people affected by diabetes and their carers. Meetings are on the third Friday of the month (excluding August) at the United Reformed Church, Geddes Place, Bexleyheath at 7.30 pm. Call **020 8302 2446** to find out more information.

Megabowl, Albion Road,
Bexleyheath

Bowling available fully accessible for wheelchair users. Bowling on 1st floor reached via lift. Ramps onto lanes and bar/dining area. Timeout Club for disabled groups Sunday 7pm to Thursday 7pm. For more information call **0871 550 1010**.



AMF Bowling, Imperial Business Park,
Westmill, Gravesend

Bowling with easy access and disabled parking available.

Open Monday to Friday 10am till late. For more information call **0844 8263016**.

Cross Street Law Centre 4 Cross Street, Erith, DA8 1RB opening times are 10.00am—12.30pm for drop in giving free legal advice:

Monday:	Employment
Tuesday:	Housing
Wednesday and Thursday:	Benefits
Friday:	Discrimination in Employment

Housing Advice is also provided at Cross Street on Thursday afternoons 2.00pm—2.30pm



LOCAL NEWS

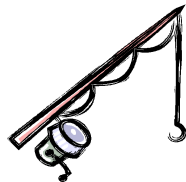
Blue Badge Misuse. The Police and Bexley Council have warned they will crackdown on anyone who abuses the Blue Badges issued for use by people with severe mobility problems.

The badges allow disabled people to park closer to where they need to go although Civil Enforcement Officers in Bexley have noticed a misuse of the concession.

The Officers are trained to look for photocopied badges or discrepancies in the details of the people parking the cars compared to the details logged. Friends and relatives are increasingly using the badge to park when they are not carrying the disabled person with them.

Fishing at Danson Park

Fishing is available at Danson Park for disabled people.



To fish at Danson Lake you will need a fishing licence from the Environment Agency and a day ticket sold during your fishing day by a member of the watersports staff but you are NOT required to have a Blue Badge to do this.

Fishing is available from 16th June to 16th March next year. For further information contact Parks and Open Spaces at Bexley Council. Tel: **020 8303 7777**

LINK (local Involvement Networks)

A network of individuals, voluntary organisations and community groups working together to improve local health and social care services and influence change. They ensure the voice of local people is heard by Commissioners and Service Providers. You can join and get involved in many ways i.e. surveys, comment on issues, attend meetings. To find out details of becoming a member or what is happening in your area contact Ann Hinds **020 8303 1948** email **Bexley.link@shaw.trust.org.uk**. Website **www.bexleylink.org.uk**.

SPEAKING UP TOGETHER

Bexley and Bromley Advocacy have been awarded a lottery grant to support self advocacy groups to work together to become one big voice for people with a learning difficulty and/or Autism in Bexley and Bromley. The aims for people are:

- Increase confidence and self esteem
- Increase participation in local communities
- Gain skills to run their own project
- Increase opportunities for paid and voluntary work
- Live a healthier lifestyle

The Bexley Speaking Up Group is for people who live in the Bexley borough and who live an independent life. Members meet to talk about issues that help them in their daily living. If you are interested in joining the Bexley Speaking up Group please contact Bexley and Bromley Advocacy on **020 8300 9666**.

LOCAL NEWS

New Dialysis Unit. The first ever dialysis treatment centre in Bexley was opened by Council Leader Teresa O'Neill in July 2010.

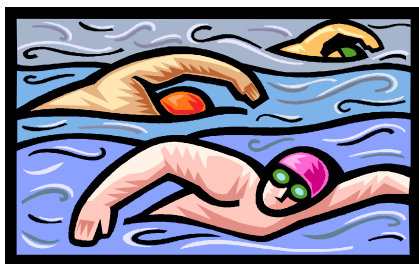
The unit is managed by specialist Diaverum Renal Services dialysis providers in partnership with Guy's and St Thomas' and based at Queen Mary's Hospital. A newly installed temporary building provides 12 brand new patient stations fully equipped with individual flat screen TVs and adjustable couches.

An especially honoured guest was Mrs Pam McEwen whose husband Bill McEwen had campaigned for local dialysis treatment during his years as a Bexley Councillor and was also a **Board member at Inspire**. Sadly he died shortly before the opening of the Sidcup Unit.

SWIM FOR FREE SCHEME ENDS

The 'Swim Free' scheme for people aged 16 and under or 60 and over began on 1 April 2009 and was due to run until March 2011.

Government funding for this programme stopped on 31 July 2010. As a result it is no longer possible for the scheme to be run in Bexley.



Bexley's Dyslexia Friendly Schools

Teachers and pupils from schools across the borough celebrated officially being recognised as 'Dyslexia Friendly Schools' at the end of September 2010.

Schools completed a detailed audit of how they meet the needs of dyslexic learners.

Eighteen schools in Bexley have gained the Dyslexia Friendly award with eight more presented at the award.

Other schools in the Borough are working towards the same recognition.

New Charging Policy for Adult Social Care Community Services in Bexley

Bexley Council consultation for a new charging policy for adult social care community services ended on 8 November 2010. If you have any questions about the consultation visit the Bexley website www.bexley.gov.uk.

LOCAL NEWS

BEXLEY DEAF CENTRE—HEARING AID ADVISER TIMES

If you require help or advice regarding your hearing aid the hearing aid adviser clinic is available at the Bexley Deaf Centre, 20 Whitehall Lane, Slade Green, Kent DA8 2DH on the following days:-

Monday	1.00pm	-	3.00pm
Tuesday	10.00am	-	3.00pm
Thursday	10.00am	-	2.00pm
Friday	10.00am	-	1.00pm

No appointment necessary. The Deaf Centre is open Monday to Friday 10.00am—4.00pm with the hearing aid clinics at the above times. Training in Deaf Awareness and BSL (British Sign Language) Levels 1 and 2 are also available.

Tel: **01322 351122**

Fax/Minicom **01322 339428**

All NHS hospitals in England must now be licensed by the Care Quality Commission (CQC). To be licensed hospitals must meet the new standards of quality and safety. A leaflet has been published by the CQC informing patients, carers and families of what can be expected from the essential standards. The leaflet can be read or downloaded from CQC's website at www.cqc.org.uk.

Your Health Matters gives people the chance to get the latest news on changes to the health service, complete surveys and give feedback.

The scheme enables people to join others who share an interest in specific areas of healthcare including information, knowledge, skills and support. For more information call **0208 298 6206** or visit www.bexley.nhs.uk.



Greenwich and Bexley Cottage Hospice. From 1st April 2010 the Specialist Palliative Care Community Team for Bexley transferred their management from EllenorLions Hospice to Greenwich and Bexley Hospice.

The team will be based at Greenwich and Bexley Cottage Hospice at 185 Bostall Hill and are called the Hospice Outreach Team (Bexley). Telephone **020 8320 5837** (Mon-Fri). Out of hours advice line service 5pm to 9am 7 days a week **020 8320 5831**.

LOCAL NEWS



HELPING BEXLEY AS THE 2011 CENSUS APPROACHES

In less than a year, residents in Bexley will take part in the nation's biggest survey, as the Office for National Statistics (ONS) carries out the 2011 Census in England and Wales on

Sunday 27 March 2011. Your form will need to be completed on or around this date.

Every ten years a census takes a numerical snapshot on a single date to gain an accurate picture of the population. The census statistics that ONS produces help Bexley Local Authority to correctly target funding and public services (such as education, transport, schools and housing) where needed. It is important to all Bexley residents that the Census form is completed as Bexley Council receives Government funding based on the census figures. That is why it is crucial that all Bexley residents take part (and it is compulsory).

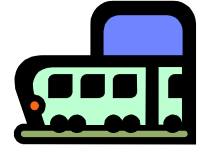
In March 2011 your Census questionnaire will arrive by post and can be returned using a pre-paid envelope or, for the first time ever, can be completed online via a secure internet site. The questionnaire should take around ten minutes for each person's details to be entered and the information you provide will help shape our community for years to come.

A wide range of help and support will be available. Your personal information is protected by law and is kept confidential for 100 years. Further information about the 2011 Census can be found at <http://2011.census.gov.uk/>.

Contact the Census Customer Services on +44 (0) 1329 444 972 Monday to Friday 9am-5pm (except UK Public and Bank Holidays). **Minicom (for the Deaf or hearing impaired) +44 (0) 1329 444 517.**



TRANSPORT



Safe Journey Cards are available to use if you travel by bus or train and provided by the transport operator FirstGroup. The cards are downloadable from the FirstGroup website which can be printed off and shown to the driver or conductor when boarding and leaving transport. This can be helpful if you have a hidden impairment.

They are pre-printed cards with requests on them such as 'Please wait for me to sit down', 'I have difficulty speaking', or 'I have difficulty hearing' or a blank card for you to fill in yourself.

Download the Safe Journey card from FirstGroup website at www.firstgroup.com/safejourney or call 020 7298 7300.



DRIVING THEORY TEST DVD AVAILABLE IN BSL

SCARO Training have released a DVD covering the Driving Theory Test with a full British Sign Language (BSL) translation. Presented by Deaf people for the Deaf community the DVD includes information needed to pass the Driving Theory Test.

The Theory Test Extra DVD is available from SCARO Training for £19.99 + postage and packing.

Contact at email: enquiries@scarotraining.com or call 0191 420319.

BBNAV—MAKING THE GOING EASIER

BBNav is a satnav designed to support those with a disability.

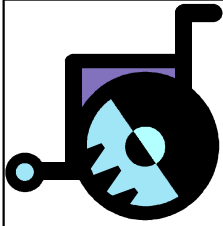
The BBNav displays local council concessions in a clear colour coded display including detailed information and contact numbers such as RADAR toilets and Shopmobility centres across the UK.

Also features a comprehensive database of Blue Badge parking across the UK.

Available from www.navevo.com, www.bbnav.co.uk, PIE, Argos, Amazon and Halfords.

A short film has been released to help raise awareness of the Motability Scheme called 'Easy Driver'. It gives details of joining the scheme and how to choose a car. The film can be watched online at www.motabilitycarscheme.co.uk or a copy of the DVD can be obtained by calling 0800 093 1000.

TRANSPORT



The Department for Transport has had a consultation on proposed changes to the laws governing the use of powered mobility vehicles and powered wheelchairs. The consultation ended on 28 May 2010 asking for people's views on possible changes to existing legislation. The main areas that the consultation looked at were the legal classification; design standards and safety features; possible reforms relating to vehicle users including training and fitness to drive, insurance and the registration of mobility vehicles.

2010 Equality Act. Cabbies will soon have to provide 'mobility assistance' to passengers in wheelchairs. Drivers may be exempt if they have a back condition but they will need to display a certificate stating this fact.



- To be eligible, you must be in receipt of either the Higher Rate Mobility Component of the Disabled Living Allowance or the War Pensioners' Mobility Supplement which is transferred to Motability to lease a car.
- The Car Scheme is run by Motability a national charity who also provide financial assistance to people who are unable to afford their mobility solution although some adaptations are free such as push/pull hand controls and left foot accelerators. The Wheelchair Scheme is run by route2mobility; both companies supply their services under contract to Motability.
- The 3 year car lease agreement includes free tyre replacement, insurance, personal accident cover, servicing and maintenance, full breakdown assistance from the RAC and an allowance of 60,000 miles over the three years. Alternatively, Motability can assist with the purchase of a new or used car over a period of between two and five years. With this hire purchase agreement you are responsible for all maintenance and insurance costs.
- Most cars will require an additional one-off advance payment but a number of models are currently available at no additional cost.
- A scooter or powered wheelchair can be hired for two, three or four years; hire agreements include all maintenance costs, insurance and breakdown cover. Alternatively, Motability can help you buy a scooter or powered wheelchair over a three-year period.
- Motability cars can be leased by someone who cannot drive; disabled customers can list up to two drivers to use the vehicle for the benefit of the disabled person.

Contact details: Telephone: **0800 093 1000**. Minicom: **0845 675 0009**
Website: **www.motability.co.uk**

LEISURE AND GENERAL INFORMATION

My New Hair is a charity founded by Hairdresser Trevor Sorbie. The charity gives advice and support providing a wig styling service for people suffering from cancer and medical hair loss. For more information view www.mynewhair.org.



Rough Guide to Accessible Britain available in large print.

The new large print edition of the Rough Guide to Accessible Britain is available FREE to Blue Badge and Disabled Persons Railcard holders. The guide is full of useful information, advice and recommendations of where to find and try activities. To order a FREE copy call **0800 953 7070**. An audio guide is also available to download FREE from www.accessibleguide.co.uk.

JUST CAN'T WAIT TOILET CARD

The Bladder and Bowel Foundation can provide a 'Just Can't Wait' emergency card. This card shows that you have a medical condition that requires urgent use of a toilet and it is also ok for you to use a disabled toilet. This card does not guarantee you access to a toilet but most places will be willing to help you.

The charity ask that a donation of £5.00 is made towards the cost of producing the card, associated administration work and postage. A donation with a payment card can be made by phone **01536 533255** or email info@bladderandbowelfoundation.org including your name and address and an application form will be sent to you. For further information visit www.bladderandbowelfoundation.org



DID YOU KNOW? You can take your wheelchair onto the Ice Rink at Gillingham throughout the year. Go to any session with your own wheelchair at a cost of £4.00 and carers go free. For further information contact The Ice Bowl on **01634 388477**.

The O2 Arena operates a disabled access line where you can book accessible tickets as well as parking. Email: access@theo2.co.uk or call **0870 600 6140** or **020 8463 3359**.

For further information on access call the Disabled Access Enquiries on **084 4847 1655**.

For assistance at an event please contact the information desk at the arena or ring **020 8463 2211** from door opening times. Discounts on disabled parking available to Blue Badge Holders.





**FRIENDS OF INSPIRE
CHRISTMAS BAZAAR**
Saturday 27th November 2010



at

20 Whitehall Lane, Slade Green

Entrance Fee **30p** Doors open **11.30 am** finishes **2.30 pm**

Fully accessible building with on site parking.

Light lunches and beverages will be available to purchase.

If you could donate any small items (no electrical goods) that are new or nearly new for the tombola or other stalls they would be much appreciated.
Please give to Debbie or Jackie at Inspire to pass to "The Friends".

Inspire contact details:

Active Lives Network—Dartford, Gravesend, Swanley	07773 174554
Day Support	01322 344816
Disability Information	01322 341638
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
Special Needs Housing Occupational Therapy	01322 344801
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 also have Information Sheets available on various topics. 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.

We Stock	Radar Keys	£ 3.50
	Blue Badge Holders (Leather)	£ 5.00

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

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 by post or email info@inspirecommunitytrust.org