



Remedy

spring 2007 • number 15



Inside...

fundraising

Katie Price and Peter Andre's charity records help TDF

mind, body and soul

Indian Head Massage

TDF news

Taster sessions at our AGM

Inside this issue:

TDF News page 2
New therapists

Fundraising pages 4-9
Katie and Peter
Champneys Health Resort

Body, Mind and Soul
pages 10-11
Indian Head Massage

Feature pages 12-14
My flying experience

Disability Info pages 15-20
Ataxia
The Disability Equality Duty explained

News Roundup pages 21-22
TDF's website
DirectGov

Questions and Answers page 23

Disclaimer: Articles and comments from members and readers reflect the opinion of the individual contributor, not The Disability Foundation.

The Disability Foundation
RNOH, Brockley Hill, Stanmore
Middlesex HA7 4LP

Tel: 020 8954 7373
Fax: 020 8954 7414
Minicom: 020 8954 7413
Email: info@tdf.org.uk
www.tdf.org.uk

Registered Charity Number 1076761

TDF news

New therapists

Four new therapists have joined the team at TDF in recent months. They are:

- Kerri Levy who is an Osteopath. Her addition to the team has increased the number of available appointments to see an Osteopath and so decreased the time to wait for an Osteopath appointment. You can now even get an appointment in the week you telephone us for the most part.
- Venita Anderson is our new Thai Yoga Massage therapist replacing Eve Khambatta who left last summer.
- Natalie Marx offers Reflexology and Indian Head Massage
- Melissa Segalov is a new addition to our team of massage therapists. She offers remedial massage.

If you would like to book an appointment with any of these therapists please contact TDF's reception.

chief executive's letter

Dear All,

Welcome to the new look and new size newsletter, we hope you like it. As you will be aware the new postal charges have now come into effect and dramatically increased the cost of postage for the charity across the year for all larger (A4) sized material. Therefore we have chosen to reformat our Newsletters and Reports in A5 with no additional printing costs incurred. It might look smaller but please be assured the same effort, passion and work still goes in thanks to the dedication of the team and in particular the Information Department.

With the continued help and support of you, our members, and benefactors we have recently been able to find enough money to smarten up the treatment rooms

at the centre. They now all have non-slip safety flooring and a much needed fresh coat of paint!

Its all change here at the moment, as you may know our Deputy Chief Executive, Julia Henry is having a baby and due to go off on maternity leave. Whilst Lisa Moore (previously Mendoza) who had her baby last year is returning to work to take up her position as Head of Information Department on a part time basis. I am sure you will join me in wishing them both every happiness and success.



Frank Bordoni
Chief Executive



TDF's AGM

This years AGM will be held at Pinner Village Hall on the 5 June 2007. This is your opportunity to see the inside workings of TDF, to meet the staff at TDF, try therapy taster sessions and to voice any comments or queries you may have. If you would like to come to this year's event, or would like any further information please contact Ruth on 020 8954 7373.

TDF's 8th Birthday Fundraising Event

Whitehall Palace, Thursday 2nd November 2006



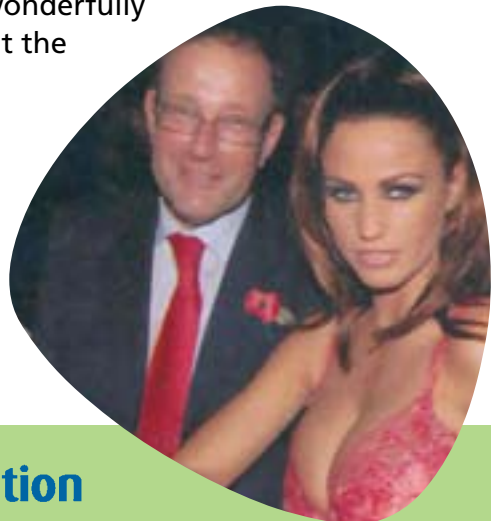
We held a key fundraising benefit evening on the 2nd November to help raise as much money as possible for TDF.

The evening got off to a fantastic start with a champagne reception followed by a sumptuous dinner in the Banqueting Hall of Whitehall Palace for the guests who kindly bought tickets to attend. The much-loved comedian Brian Conley compèred the evening's events with hilarious performances and interaction with the audience throughout the evening.

Lord Harry Dalmeny (Chairman, Sotheby's Olympia) was the auctioneer for the evening, raising a wonderfully healthy sum from the donated lots that the guests bid for.

Katie Price called the raffle with Brian and to everyone's surprise she won one of the prizes herself which she very kindly gave to her hard working assistant!

Our Honorary Patron, Richard Desmond, Chairman of Express



Newspaper Group, delivered a very touching speech about the work that TDF does and injected a lot of humour and laughter for the guests, keeping them engaged in the serious element of TDF as well as maintaining the high level of enjoyment for the evening.

Much to the delight of everyone present, Peter Andre performed a fantastic set as a surprise guest singer with Nikki Lamborn's band Never The Bride who then went on to close the performances for the evening with a few fabulous favourite songs.

Our Chairman, Mrs Janet Desmond, closed the evening thanking everyone who had so kindly attended and supported the charity to date.

The evening was a resounding success and much needed for the charity and so we would like to take this opportunity to thank: Lord and Lady Ashcroft, Stanley and Barbara Fink, Richard Desmond, Mehmet Dalman, Brian Conley, Peter and Katie Andre, Nikki Lamborn and Never the Bride, Lord Harry Dalmeny, caterers Red Snapper and technical crew at Octopus and all those who bought tickets, made donations and supported TDF. The evening would not have been possible without the many people whose kindness we rely on. Thank you so much.



Katie Price and Peter Andre 'A Whole New World' – single and album release

On November 27th Katie Price and Peter Andre announced that they had released an album of duets entitled 'A Whole New World' and the single of the same title was released on December 11th and that all the profits raised from the sales were being donated equally between their five chosen charities: TDF, NSPCC, Moorfields Eye Hospital (the Richard Desmond Eye Centre), Vision and Norwood Children & Families First.

Katie had visited TDF with her 3-year-old son Harvey in October 2006 and having looked around the centre, and little Harvey having thoroughly enjoyed himself in our Children's Sensory Room, Katie decided that she wanted to support and help us as much as possible. We were absolutely thrilled at this news and the opportunity of such massive media attention for TDF. Katie and Peter worked so hard to draw as much attention as possible to the album and single. They appeared on every television programme possible to promote the records and help the sales; The Royal Variety Performance, The Paul O'Grady Show, Children in Need, This Morning (twice!), Philip Schofield's 'Night Before Christmas', World Music Awards to name a few.





They also featured regularly in OK! Magazine who supported Katie and Peter's hard work for the charities, the Daily Express, Daily Star and the majority of national newspapers and were interviewed on many regional and national radio shows.

The album went straight in to the charts at a fantastic No.20 and the single went straight in at No.12! A fantastic achievement for any singers especially at Christmas when the competition is so fierce!

We cannot thank Katie and Peter enough for their generosity of spirit, their kindness, dedication and hard work and for their manager, Claire Powell who has been so supportive for all of the charities whilst juggling a demanding and successful schedule!

We ran a competition for our members and ten lucky people will be receiving signed copies of the CD.

For those of you who supported us, and the other four charities by buying the album or single thank you very much from all of us at TDF.

If you can please buy one and encourage others if you haven't already!

There is going to be a free DVD in OK! Magazine in March or April all about Katie and Peter's records and interviews with key staff at each of the five charities talking about the different work we all do.

Also, look out for Katie and Peter's third series of their reality television show starting on Thursday 19th April on ITV2.

Thank you Katie and Peter from all of us at TDF!

For further fundraising ideas or donations please contact:

Chrissy Smith on **07903 328 536**

Champneys Health Resorts

Over the past year Champneys Health Resorts, through a variety of avenues, have been raising money for TDF and the baby charity Tommy's.

On Sunday 10th September 2006 Champneys held a sponsored bike ride from their health resort in Tring in Hertfordshire to Henlow Grange in Bedfordshire – a total of 31 miles!

Nearly 150 people took part in the ride and co-owner of Champneys Health Resorts Mrs Dorothy Purdew, 74, completed the ride herself!



Actress Claire Sweeney attended on TDF's behalf to cheer the riders on and received the cheque for all of Champneys hard work over the year for us. They raised £101,000.00 over the year for both charities and we are very grateful to Mrs Purdew, Stephen Purdew and all of the staff and guests of Champneys who contributed to this fantastic donation.

fundraising

Did you know you can now donate to TDF online?

Every penny donated to TDF is vital and we are delighted to now be members of the Give Now online donations service. This is a service offered by the Charities Aid Foundation to help smaller charities receive donations using credit cards. It is a secure website so your private details are not passed on to anyone and your credit card details are not held on their servers. You can choose to make a one off donation quickly, securely and tax effectively increasing the value of your gift to TDF by up to 28% using the Gift Aid option at no extra cost to yourself.

You can also request to set up regular donations if you so wish. It's simple, secure and straight forward. Simply log on to our website at www.tdf.org.uk. On the home page click on the appeals section and then the DONATE NOW icon. This will take you to the 'Give Now' website where you will see TDF's details displayed. Click on the Donate Now button and this will take you to the page to enter your credit card details and the amount you would like to donate from a minimum of £5. You can choose to tick the anonymous box or we will be informed who has very kindly donated to us. We need as much help and support as you can give so any amount would be very much appreciated by us all at TDF.

Thank you in advance.

Indian Head Massage

By TDF Therapist Dhanu Kara

Indian Head Massage is a western adaptation of an Ayur Vedic (science of life) massage, a system of healing from India, which is a thousand years old.

Traditionally, massage is passed down in families and utilised from birth to old age in a variety of ways from special rituals at weddings to daily de-stressing, like on the way home from work. It is used for general well being, prevention of ill-health and stress.

Indian Head Massage helps to improve the whole body's self-healing as the head directs and controls the mind, body and spiritual dynamics. Different massage movements are used to release the accumulated toxins and waste products in the muscle tissues and joints of the head, face, neck, shoulders and arms, which improves blood circulation and lymphatic flow, to free the knots of muscular tension. Pressure points are also used to gently stimulate and relax the body systems.

Indian Head Massage is especially beneficial for relieving stress, insomnia, headaches, migraines, fatigue, and sinusitis. It can also help calm high blood pressure, aid concentration, improves hair/scalp conditions and increases joint mobility and flexibility in the neck and shoulders. It is deeply calming during the treatment but leaves you feeling energised and revitalised. It can also be very good for your hair, improving its condition and can be beneficial if you are experiencing any hair loss due to illness or stress.

For Indian Head Massage you are fully clothed and sit on a massage chair. You can choose to use oil for the condition being treated and



if so, a towel will be used during the treatment to protect your clothing. The treatment lasts 30 minutes. Immediately after treatment some clients may experience increased thirst and a need to urinate (body is eliminating toxins and waste products). Sometimes a headache, dizziness, achy muscles or

tiredness can also occur but all of these responses are normal and disappear within a few hours leaving you more alert and energetic.

You should avoid alcohol or a heavy meal before having Indian Head Massage. TDF may need a consent letter from your GP before you receive this treatment if you have epilepsy, diabetes, any heart condition, cancer, osteoporosis, spondylitis or spondylosis. TDF will advise at the time of booking. Please note Indian Head Massage should be avoided if you have had any recent surgery, a head or neck injury, history of thrombosis or embolism.

Dhanu Kara learnt massage at an early age from her mother and then gained theoretical understanding in her professional training. Her experience allows her to tailor treatment to individual needs. If you would like to try Indian Head Massage to see if you can benefit from it please contact TDF's centre to book – there are several therapists, including Dhanu who offer this treatment.

My flying experience

by TDF Staff Member Sarah Stanwix

After reading the article about the British Disabled Flying Association in our last newsletter, I decided to find out more about them.

I was invited to an open day they were holding at an airfield in Elstree which is very close to where TDF's centre is based in Stanmore. The weather wasn't too bad, between the torrential rain showers, and many people attending had already had a flight in a light aircraft when I arrived.

They had two light aircrafts at the airfield taking disabled people up on tester flights and it wasn't long before it was my turn. I wasn't nervous at all, I had had a flight in a glider a few years ago and that was flying without an engine! I was excited at the prospect even though, as a wheelchair user, there were a few barriers to overcome before we even took off.



The first challenge was actually getting into the aircraft, I had to transfer onto the wing and slide myself up to the cockpit, although assistance was provided when necessary. The next challenge was manoeuvring myself into the back seat of the cockpit as another person, who was also a wheelchair user, was getting in the aircraft after me.

Then all we needed to do was put on the seatbelt and the headsets that enabled us to communicate with each other and we were ready to go. Our pilot contacted the tower to get permission to take off and then we rolled down the runway and flew into the sky.

It was an amazing feeling being in the air, although very noisy as the engines were right next to us.

It's a lot more bumpy than being in a commercial aeroplane so if you get airsick it may not be the activity for you. Once we were up in the air the controls were then given to the passenger, unfortunately I did not get a chance to actually fly because I was sat in the back – they did not want a girl to show them up!

When the controls were passed across to the other passenger the ride got very bumpy as he had problems keeping the plane horizontal and going in a straight line. I have to say that it actually made me a little bit sick. We flew up over some of Watford and then followed the M25 to Potter's Bar and then travelled over Barnet before returning to the airfield. I then had the challenge

Continued on page 14





of getting out of the aeroplane although it was much easier than getting in.

It was an amazing experience and I would recommend it to anyone. I will definitely be looking at trying to get another flight so I can actually take control of the plane myself and see just how hard it can be to fly.

If you would like the opportunity to fly a plane yourself or maybe train to be a pilot you should contact the British Disabled Flying Association on **07967 269 345** or check out their website at **www.bdfa.net**.

disability information

Ataxia

The ataxias are uncommon neurological disorders; many of which are progressive. They affect a part of the brain controlling the central nervous system which controls movement, co-ordination and balance.

There are many different types of ataxia and many are grouped under the term Cerebellar Ataxia (CA). The word cerebellar comes from the term cerebellum which is the part of the brain that is affected by ataxia. The word ataxia simply means a lack of co-ordination.

Symptoms

The main symptom of any form of ataxia is poor co-ordination of the arms and legs leading to balance problems, but there are many others. The symptoms vary according to the type of ataxia. These include:

- Slurred speech (dysarthria)
- Swallowing problems
- Tremors
- Sight problems
- Hearing problems



Continued on page 16



Inherited and Non-inherited Ataxias

Some types of ataxia are inherited from parents and some are not. The onset of non-inherited ataxia can be caused by various factors including trauma to the brain through an injury or by exposing the brain to something toxic (this could even be excess alcohol). It can also be caused by a viral infection or tumour. Sometimes if a baby's brain does not develop in the correct way before it is born it can develop ataxia, in this case the symptoms will appear fairly early during childhood.

It can also just appear with no cause whatsoever. This type of ataxia is called idiopathic ataxia, which means 'of no known cause'. This usually develops later on in life and the symptoms are sometimes very slow in progressing. Researchers have found though that some people with idiopathic ataxia are sensitive to gluten (found in grains like wheat and barley) and if they remove these foods from their diet it can improve the symptoms.

There are also several types of inherited ataxia, the most common one is called Friedreich's ataxia, named after the man who first described the symptoms. The average onset of symptoms in this type of ataxia is 15 years old although sometimes they can show much earlier or later. The rate the disease progresses varies considerably from person to person but by an average of 10 years after onset people find their legs too weak and difficult to co-ordinate and so need the use of a wheelchair.

Treatment

There is no proven treatment available for most of the ataxias at present but there are trials being undertaken. Some of the individual symptoms though can be treated, for example any muscle spasms can be treated with medication and a speech therapist can help with problems associated with speech, swallowing and choking.

It is important to remember that ataxia does not generally affect a person's mental capacity and many people who have ataxia go on to university, obtain good careers and have families.

If you would like more information on this condition either ring TDF's Information Service or contact the charity Ataxia UK either through their website www.ataxia.org.uk or by telephone on **0845 6440606**

The Disability Equality Duty explained

The majority of people in the UK want to live in a community where they can participate fully and equally and have the use of services such as hospitals and libraries. For disabled people sometimes this ideal cannot be achieved due to limited access and people's attitudes.

The Disability Discrimination Act (DDA) goes some way to correct this issue but the government has introduced a new legal duty called the Disability Equality Duty (DED) to further reduce discrimination. The DED aims to ensure that all organisations across the public sector are proactive in ensuring that disabled people are treated fairly.

The DED came into force on the 4 December 2006, although primary schools in England have until 3 December 2007 and schools in Wales have until 1 April 2007. Public authorities are defined as being government run departments, those that are funded by the government or ones that are publicly funded. This means that the duty applies to government departments, local authorities, governing bodies of colleges, universities and schools, NHS trusts, police and fire authorities and the Crown Prosecution Service.

The main aims of the Duty are to:

- enable disabled people to have the same opportunities as non-disabled people
- eliminate discrimination that is unlawful under the DDA
- eliminate harassment of disabled people that is related to their disability
- promote positive attitudes towards disabled people

plained

- encourage participation by disabled people in public life
- take steps to meet disabled people's needs, even if this requires more favourable treatment to ensure they have the same level of satisfaction as non-disabled people.

The DED actually states that authorities should have 'due regard' to the needs of disabled people. This means that authorities should account for the needs of disabled people to promote disability equality in any services or policies they intend to change or any new ones.


The Disability Equality Scheme (DES)

To comply with the DED each public authority must publish a **Disability Equality Scheme**. A **DES** explains what an authority is going to do to improve their services and policies.

It must contain an **Impact Assessment**; this is research into what impact a public authority's policies and procedures have on disabled people, looking in particular at which of its activities place disabled people at a disadvantage and perhaps even more crucially, identifying where it needs to improve. Once this information is gathered, it will be used to decide what actions need to be taken to improve services by creating an **Action Plan**.

An **Action Plan** outlines steps a public authority is going to take to promote disability equality. This plan must show how a public authority has prioritised any actions, what outcomes they want to achieve and how long they think it will take to reach their outcomes.

Continued on page 20



Public authorities must involve disabled people when identifying the areas that make up the Impact Assessment and Action Plan. Disabled people who have been, or still are, service users and staff should be involved or a public authority could have approached a local disability organisation to assist. This is because it is recognised that disabled people bring expertise to a public authority as they are able to identify the barriers they face.

Finally, once a Disability Equality Scheme is written, it must be approved by the relevant secretary of state. It will then need to be published and public authorities must ensure that anyone within the community can have access to a copy. The Scheme lasts for three years when it will be reviewed and any information gathered on the effectiveness of the Action Plan will be used to help plan future schemes.

Monitoring the Disability Equality Duty

Along with providing support to public authorities the Disability Rights Commission will play a key role in enforcing the DED as they will be able to send out compliance notices to any authority breaching any part of the Duty. If you feel that a public authority is not meeting the DED or want more detailed information you can contact the DRC by telephone on **0845 7622633** or through their website, **www.drc-gb.org**.

Meeting this Duty will enable all public authorities to make a real positive change in the lives of many disabled people. It will enable disabled people to feel part of a community rather than being isolated in their own homes. Hopefully all public authorities will become more approachable for disabled people to the point where everyone can take the services for granted like many non-disabled people do at present!!

news round up

TDF's Website

Do you want to find out more about what TDF can offer you?

Our website provides an excellent introduction to the services we can offer disabled people, their families and carers.

You can find information and explanations about all the amazing complementary therapies that are available at TDF's centre. We also offer some therapies specifically designed for children, disabled or not, and you will find information on these within the Complementary Therapies section.

There are also details about the Information Department which is based at TDF's centre but accepts enquiries from all over the UK – sometimes from as far afield as Europe or America. In addition there are some of TDF's factsheets on the site that can be downloaded free of charge. These range in disability topics from the Disability Discrimination Act to Housing or Equipment Hire.

The website is available day and night so you can get all the information you need at a time that suits you. Check it out at www.tdf.org.uk



Directgov – government at your fingertips

Directgov is the website to visit for the latest information and services from government. It's clearly-written, useful and the information is **all in one place**.

There's a large section for disabled people covering:

- Independent living
- Financial support
- Disability rights
- Employment
- Health and support

Find out about equipment, adapting your home or vehicle, social care assessments, online Blue Badge map, direct payments (arranging your own care and services), travel and transport, accessible technology – and much, much more.

There's also information for carers and links to charities and helpful organisations supporting disabled people.

Just go to: www.direct.gov.uk/disability

Thank you

All the staff at TDF would like to say a big thank you to everyone who gave us goodies at Christmas. We are all chocoholics and sweetaholics and have appreciated having all the lovely food to eat, although we are all now joining the gym!

Have you moved home recently? If you have moved, are going to move or if any of your contact details have changed please tell us about it so you do not miss the newsletters and any other information sent by TDF.

ask TDF

Q I have a heart condition and have had three heart attacks over the last few years. Is there anywhere I could obtain some information about heart conditions and what I could do to try and prevent another attack?

A The British Heart Foundation have a very good website that could provide you with all the information you are looking for. They also have an Information Line if you would rather talk to someone directly. **www.bhf.org.uk** Info line: **08450 708 070**. The BBC Website's health pages are also very good and may provide some brief articles on heart conditions and how to stay healthy.

Q I have a relative who has a hearing impairment. We are looking for a video recorder (VCR) that records subtitles off the television.

A There are two brands that make this type of recorder, Daewoo M448 and Humax PVR Duovision. Both of these recorders include digital TV so you then have no need to buy a freeview box separately. You can get them from either the RNID website shop, **www.rnid.org.uk** or from a website whose address is **www.deafequipment.co.uk**. If you only have analogue television (Channels 1–5) – Telemode can record subtitles through any video – page 888 on Teletext. If you already have digital TV and want to record a programme, you should put the subtitles on whilst recording and any VCR should record the subtitles as well as the TV programme.

Q I have started my own business and am looking at ways to promote it and to do some networking. Are there any organisations that can do this for disabled people?

A There are two organisations that we know of that can promote the businesses of disabled people and enable you to network. They are:

- The Association of Disabled Professionals BCM ADP, London WC1N 3XX **www.adp.org.uk** Tel: **01204 431 638**
- Disabled Workers Co Operative **www.disabledworkers.org.uk**

Contact TDF

The Disability Foundation

RNOH

Brockley Hill

Stanmore

Middlesex

HA7 4LP

Tel: 020 8954 7373

Minicom: 020 8954 7413

Fax: 020 8954 7414

E-mail: info@tdf.org.uk

Website: www.tdf.org.uk



the disability foundation

