



Remedy

new year 2008 • number 16



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Give up smoking with natural remedies

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Disclaimer: Articles and
comments from members and
readers reflect the opinion of
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chief executive's

Dear All,

Happy New Year and here's to
2008.

It is with great pleasure that I am
starting the year by writing my
first Chief Executive's letter for
TDF.

I have been on maternity leave
since last March and return to
TDF this month (Jan 2008). I had
my son Jadon in April and since
then have spent my time getting
to know him and learning
about my new role as a mother.
I have had my challenges but
am thoroughly enjoying him
and cannot believe how quickly
he's growing! That said I am
extremely honoured to take on
another role, this time as TDF's
Chief Executive. Having worked
at the charity since its inception
in 1999, I feel ready and able to
help lead the charity forward and
aim to bring the same dedication
that I give my own family to TDF,
its members, staff, supporters
and Board of Trustees.

Whilst on leave I have naturally
stayed in very close contact with

letter

the TDF team, who have been working tirelessly as always. I would like to thank them all for their commitment which is at the essence of our work here and is something of which we should all be proud. It ensures that TDF can achieve so much everyday and enable so many to benefit from our services. During my leave I was also delighted to be able to attend TDF's main fundraising event of the year 'A Private Performance by Il Divo' at Spencer House. I hope you will enjoy the photographs and full report in this edition. Personally the evening touched me in many ways. Il Divo's performance was breathtaking and I felt that they were singing individually to each and every one of the guests. The evening also demonstrated to me how far TDF has come. Clearly it is significant that such a world renowned group of the calibre of Il Divo performed exclusively on behalf of TDF to raise much needed funds and fantastic publicity and

this makes me particularly proud to be part of such an important organisation.

TDF continues to go from strength to strength thanks to the continued support of those who care and I look forward to the coming year with tremendous enthusiasm and excitement.



Julia Henry
Chief Executive



New Birth 'It's a Boy!'

TDF are elated to announce to all our members that Julia Henry Lee, our Chief Executive, gave birth to a handsome baby boy called Jadon on the 16th April 2007. We were delighted to meet little Jadon when he came to visit us at the centre. He liked it so much he has visited several times since! TDF would like to congratulate Julia and her husband Jamie on their wonderful news.

TDF AGM March 2006 – March 2007

Our AGM was held at the usual location of Pinner Village Hall on 5th June 2007. All the familiar faces were there, TDF's Board of Trustees, office staff, therapists and members.

The AGM was opened by our Chairperson, Janet Desmond, who was delighted to announce that 2006 had been a very successful fundraising year for TDF with new Patrons coming on board. Janet thanked Chrissy Smith, Fundraising and Marketing Manager, for helping secure a strong position in an increasingly challenging sector. Janet also thanked TDF's staff members and therapists for all their hard work over the past year. Frank Bordoni, former Chief Executive, updated attendees on TDF's financial position, as outlined in the Annual Report 2006, which has been sent to all members and mentioned that the membership fee, introduced in 2006 had brought much needed funds to help towards the running costs of the Centre. It was also reported that the Charity had set very strict budgets to help reduce spending and thanks to fundraising activities, income had doubled in comparison to the year before. You can see a full report of the day in the minutes mailed to all members after the meeting.



TDF would like to thank this year's invited speaker Alan Kerr of Artsline, a London based disabled led charity, who spoke informatively about their work in researching how accessible arts and entertainment venues are in the London area. Artsline promote the message that 'access equals inclusion.' To find out more about Artsline and their services please visit their website at www.artsline.org.uk or telephone **020 7388 2227**.

The AGM closed with refreshments and guests were given the opportunity to try various therapies as offered at our Centre. We look forward to seeing you at our next AGM on Tuesday 12th February 2008. Please contact Ruth at the centre, or email her at: ruth@tdf.org.uk for further information.

TDF in the Community

TDF's Information Department has been heavily promoting its services within the local community as part of the Charity's outreach strategy. The main focus has been to ensure that not only are we reaching our key user groups but that people are fully aware of the services TDF offers and understand the ways in which TDF can help.

The Information Department has traditionally promoted TDF's services with information stands, networking, holding talks, articles in the local press and throughout the past year they have been focusing on participating in various taster session events organised by local community groups. These therapy 'tasters' have been a great success. They are free and provide an opportunity for people to try a different therapy or experience a therapy for the first time, even if it is just a 10 minute taster. We have found this to be most effective in helping people to truly understand how TDF can help.

The Information Department continues to promote its services through local hospitals, GP surgeries, voluntary groups and libraries within the Harrow, Barnet and Hertfordshire areas.

A Private Performance by Il Divo

We held a major fund raising event to secure much needed funds for TDF on June 29th 2007. World renowned operatic quartet Il Divo delivered a fantastic private performance exclusively to raise funds for The Disability Foundation.

The much anticipated event was held in the opulent surroundings of Trinity House starting with a champagne reception, followed by a sumptuous dinner and then the highlight of the evening – a breathtaking performance by Il Divo for all the guests who kindly supported TDF by attending.

The evening was generously sponsored by The Stanley and Barbara Fink Foundation and was kindly hosted by our Chairperson Janet Desmond and Honorary Patron Richard Desmond.



Right: Michael Whitton, Debbie Mills, Alan Ball and Jane Whitton



Left: Il Divo pictured with from left Janet Desmond, Barbara Fink, Richard Desmond and Stanley Fink

Janet Desmond opened the evening by thanking the guests for their continued support and for their contribution in raising funds to support TDF and also thanked Il Divo themselves for taking time out of their packed world tour to perform exclusively for us.

Sonny Takhar of SyCo Music/TV gave a touching introduction to Il Divo's performance explaining that the quartet was delighted to be supporting such a worthy charity.

As a fund raiser and event manager I have over the years been privileged to be involved in many events and I would like to say that it is very rarely that I am stopped in my tracks as I run around

ensuring everything is running smoothly. However on this occasion, from the moment Il Divo started singing, their vocal range, passion and delivery had every hair on the back of my neck standing on end. They were absolutely stunning and you could feel the pure emotion and awe in the room. At the end of their set they received a well deserved resounding standing ovation from every guest.

I feel that we were honoured that a quartet of the calibre of Il Divo performed exclusively for an intimate audience in aid of our Charity.

It was an incredibly memorable and touching evening and most



Above: Sonny Takhar of SyCo Music/TV introducing Il Divo

Below: Richard Desmond and Simon Cowell



*Left: TDF Team
L-R: Ruth, Zara,
Giovanna and Julia*





Il Divo with Chrissy Smith, Zara Porsche and Simon Cowell



L-R: Ian Robertson, VJ Robertson, Jean Tippet, and Lillian Butters with Il Divo

importantly a huge success to the benefit of TDF. Janet Desmond, The Board of Trustees and all of us at TDF cannot thank David, Urs, Carlos and Sebastien (Il Divo) enough for their fantastic performance as their contribution to TDF.

We wish Il Divo every success in the future.

Equally the evening would not have been possible without the generous support and help of numerous people. TDF would like to extend their thanks to:

Richard and Janet Desmond, Barbara and Stanley Fink, Octagon, Sonny Takhar, Simon Cowell, Michael Whitton, Ian and VJ Robertson, Andrew Thatcher, Peter Cork, Mehmet Dalman and Debbie Mills, Damian Clarkson of Red Snapper, Laurie of Maison des Fleurs, Edgar King of Trinity House, Charles Ellery of Capital Productions, Chris Pleydell, everyone who bought tickets, donated money and supported us throughout and finally all the team at TDF who worked so hard to make the evening a huge success.

All photographs of Il Divo courtesy of Mark Moody of *OK! Magazine* and Northern & Shell.

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.

body, mind and soul

Give Up Smoking the Natural Way



Since the smoking ban was introduced on 1st July 2007, England has been enjoying smoke free restaurants, bars, clubs and other enclosed public places. The ban has brought relief to many, especially those who suffer with chronic health conditions such as asthma. To smokers, it may seem a great inconvenience to be forced outside every time they want to smoke but to some smokers the ban has been a blessing in disguise and the first step in helping them to quit the habit once and for all.

TDF have dedicated this section to helping people give up smoking the non-conventional way with complementary therapies and remedies. If you are a smoker who needs help with giving up smoking, a smoker who needs reminding that they should consider giving up or if you simply want to help someone give up smoking then please read on.

What the research says

A study designed to find out the most effective way to give up smoking using a variety of techniques was carried out at the University of Iowa in 2005. Approximately, 72,000 smokers from Europe and the US took part in the study.

To find out the effectiveness of giving up smoking using Hypnosis 48 studies were carried out involving 6,000 smokers. Those who had received hypnosis were smokers who listened to hypnosis tapes, putting them in a deep relaxed state and had an average success

rate of 30%. Following this, combination techniques, such as exercise and breathing therapy, had an average success rate of 29%, closely followed by Acupuncture at 24%. The highest quitting rate, at 36%, came from patients who were told that they had serious cardiac disorders and so they had a greater incentive to stop smoking immediately, however, it is not a good idea to let your health get to this stage! Sheer willpower had an unfortunately low success rate of 6% and advice from your GP seemed to only convince a small minority.

This research provides us with the evidence to support anyone who wants to give up smoking with complementary therapies. When we know that the mortality rate of smokers is twice as high as it is for non-smokers and that on average a smoker dies six years earlier than a non-smoker, it would be good for smokers to consider the benefits of complementary therapies when giving up the habit.

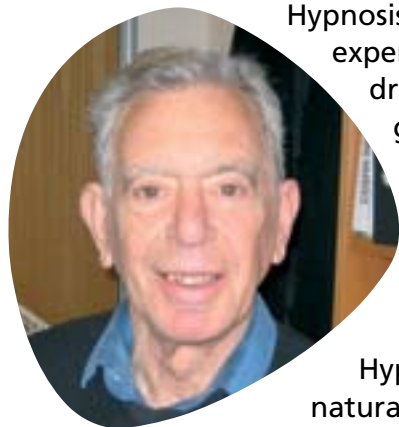
At TDF we offer a range of complementary therapies that can help you to give up smoking. Some of our therapists have explained exactly how their therapy can help and have recommended some remedies to try at home.



body, mind and soul

Giving Up Smoking with Hypnotherapy

By TDF therapist Clive Greidinger




Hypnosis is a natural state of mind that we can all experience in our daily lives. Have you ever been driving along and suddenly wonder how you got to that point in your journey or have you ever been listening to someone telling you a story so intently that you are no longer aware of what is going on around you? Indeed you were in a temporary state of hypnosis.

Hypnotherapy, as a treatment, is a completely natural, safe and relaxing therapy that can treat a variety of conditions from insomnia to eating disorders. It is well known for helping people with addictions and habits and most popularly for its treatment of smoking addiction.

How does Hypnotherapy work?

Hypnotherapy is traditionally carried out in a comfortable setting on a one-to-one basis. During Hypnosis therapeutic suggestions are given to the patient while they are in a relaxed and receptive state. It is important to note that you are not asleep during the treatment but you are deeply relaxed. The subconscious mind receives the therapeutic suggestions while the conscious mind is still completely aware of what is going on and is in control.



The suggestions are carefully designed to ensure that the smoker no longer has the desire to smoke, which is probably one of the hardest aspects of giving up smoking. An example of the kind of suggestions I would give to a patient would be, 'you will no longer feel the desire to have a cigarette' and 'you will feel more confident and more able to do things you really want to do' and so on. To end the treatment I would give further suggestions to prevent other habits taking the place of smoking such as comfort eating. At the end of the session you will gradually be brought out of the relaxed state and back into the present.

In my practice of Hypnotherapy I also use a technique called Emotional Freedom Technique (EFT). EFT is based on the same energy system as Acupuncture, but without the use of needles. It is very effective in treating addictions and phobias and therefore it complements Hypnotherapy very well.

EFT uses a gentle rhythmic tapping technique that is applied to pressure points on the hands, face and upper chest whilst appropriate suggestions and phrases, as with Hypnotherapy, are said to the patient and then repeated by the patient. The session is much shorter than Hypnotherapy and can have a profound, immediate effect on the patient. I find that when using the two techniques together I get the best results.

Providing you are suitable to have Hypnotherapy and/or EFT I recommend that you have at least two treatments, each session lasting an hour.

To book a Hypnotherapy appointment and consultation please contact TDF's Reception Team.

body, mind and soul

Giving Up Smoking with Acupuncture

By TDF Therapist Michael Keisner



In 22 years of practice as an Acupuncturist I have treated many hundreds of patients with smoking addiction. Based on the latest research Acupuncture has shown to be effective with stopping people from smoking as has Hypnotherapy and other complementary therapies.

How does Acupuncture help people to stop smoking?

Acupuncture makes the brain release Serotonin and Endorphins which both have a deep calming effect upon the patient. The patient is able to benefit from this calming effect to help them overcome withdrawal symptoms they may experience whilst giving up smoking.

Normally a patient is given a short course of five treatments of Acupuncture. Specific Acupuncture points are used to calm the patient down and other Acupuncture points are used for making the patients lungs stronger. If a patient needs further assistance to help give up smoking a very small ear stud is put on the outside of one of their ears (the Helix) which the patient can press whenever they want a cigarette. Patients who are giving up smoking can try both of these treatments to help them succeed.

Acupuncture also treats alcohol, drug and food addictions. Each individual patient is treated according to their needs and any other health conditions they may have. For example, headaches, nausea and or depression may be present with some patients so different Acupuncture points are used to treat these conditions as well as the addiction.

To book an Acupuncture appointment and consultation please contact TDF's Reception Team.

TDF's Natural Remedy Tips to Help you Give Up Smoking

'Reiki could help to keep the quitting smoker relaxed, calm and focused on their goal. Reiki is also good for helping people to sleep well because it can intensify healing. It would support other therapies undertaken.' **Rebecca Lowrie, TDF Reiki and Massage Therapist.**

'Pressure points on the outer part of the ear, the Helix, are used in Acupuncture and Auricular (ear) Reflexology to assist with giving up smoking. Within the Helix there are a number of addiction points which can also be treated with essential oils in a Rosehip carrier oil, to aid other methods of giving up smoking.

To 5ml of Rosehip carrier oil add one drop of Spikenard essential oil (*Nardostachys Jatamansi*). This is then massaged on a daily basis into the helix of each ear. It is an essential oil that is used to treat insomnia and the nervous system, hence its use to treat the side effects of giving up smoking.' **David Godfrey, TDF Aromatherapist, Reflexologist and Indian Head Massage Therapist.**

'In a vaporiser put some water and then 1 drop each, essential oils of Lavender, Bergamot and Frankincense.'

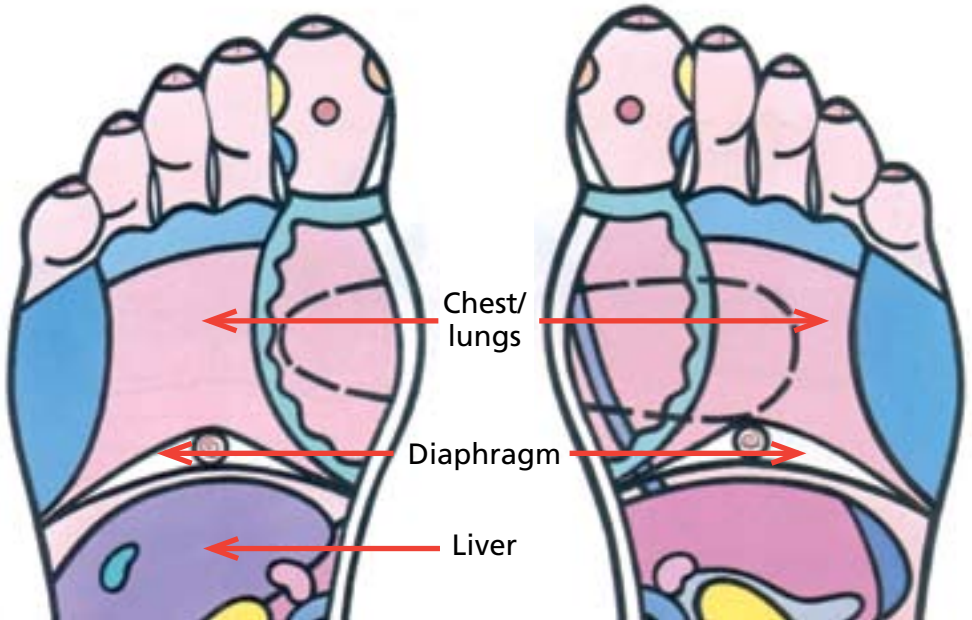
'Take a bath before bed, with 8-10 drops of Lavender essential oil, to help you relax and feel calm before sleeping. (You may add about half a cup of milk to help the oil and water disperse better and help the absorption of the oils whilst soaking).'

'Clary-Sage essential oil is especially good for giving up smoking and you can put a few drops of this on a tissue to inhale throughout the day.

Please avoid all essential oils during pregnancy or consult an aromatherapist before using them.'

'Massage the diaphragm, lungs, chest and liver reflexes on the feet or hands to help clear toxins and normalise breathing to reduce stress (see diagram below).' **Dhanu Kara, TDF Aromatherapist, Reflexologist and Indian Head Massage Therapist**

Bottom view



This picture shows the reflex points Dhanu addresses in her remedy tip.

Please note that all essential oils should be used with care. Not all essential oils may be suitable for you. If you are unsure please check prior to using.

My Skiing Experience

By TDF Staff Member
Sarah Stanwix

As you may have noticed from my last article I am a bit of an adrenaline junkie and so I found myself on top of a snow covered mountain in Sweden in a ski kart. I had never been skiing before and I have to say the first time you sit at the top looking down you feel a mixture of excitement and apprehension at the same time.



It was a holiday organised by the charity Back Up Trust with a group of other wheelchair users. Before I went they organised a practice session on a dry ski slope in Bracknell just to make sure I was able to use the equipment. As I mentioned I used what is known as a 'ski-kart', quite an obvious name when you look at it. There were two poles connected to the front two skis and when you pushed one you went one way and when you pushed the other one you turned the other way – simple or so it seems.

We travelled to a ski resort in northern Sweden called Åre which is very close to the border with Norway. To get there we had to take two planes, one to Stockholm and then to another airport about an hour's drive away from the hotel.

All the disabled people on the trip were wheelchair users and so we could only sit in certain places on the plane. On the first one we were not allowed to sit on a seat by the window but on the second one





we were not allowed to sit on the aisle seat so all of us were slightly confused about where it was safer to sit?? *

The hotel was great for disabled people with every need catered for. I shared a 'family suite' with two others which meant I had a room to myself really.

On the first day of skiing it took quite a while to get going, especially at temperatures of -30°C , as we had to sort out the equipment and meet our instructors for the duration of the holiday. We were spoilt and had one to one tuition, surprisingly most of the instructors were German but they all spoke English which was good because I don't speak German or Swedish. It's not until you go up the ski lift to the top of the piste that you realise how beautiful the countryside is with the snow laden trees, and how steep the piste looks. It can be scary at the top but once you get skiing it is brilliant and really exhilarating.

To begin with we had the instructors skiing down the slopes behind us with a rope attached to the kart, this was just to help us if we got into any difficulty like heading toward a tree! After a couple of days, when we were good at doing turns down the piste and didn't just go

straight down, we could ski without a guide behind us. This gives you a feeling of freedom going down the pistes at top speed along with all the other skiers.

On one day we skied into the town of Åre for some Apres Ski at the local bars. It was great because you can actually ski from the slopes all the way into town virtually to the bars front door. We had arranged for a minibus to take all our chairs to the town so they were waiting for us when we arrived. The Apres Ski was very good, as was the company, but Swedish music is not something I would normally listen to at home.

On the last day we had the opportunity to go sledging with husky dogs on the local lake which is frozen throughout the winter. The dogs were brilliant, if you like dogs that are always barking, if not it may be best to avoid this excursion.



After a week of skiing and having drunk the entire hotel out of tea, (I'm not joking) it was time to go home. We all had a wonderful but exhausting week and, after having a last snowball fight outside the hotel, we got on the bus to the airport.

If you would like to try skiing, you do not have to use a ski-kart there are many other adaptations depending upon your disability. Many other wheelchair users ski with a bi-ski which entails sitting in a canvass seat on a very wide ski with two poles with small skis on the bottom to help with balance. Leg amputees can learn to ski with one leg and visually impaired skiers have trained guides with them to help guide a person down the ski slope. For more information you can contact the following organisations:

Disability Snowsport **01479 861272** www.disabilitysnowsport.org.uk
British Ski Club for the Disabled **01747 828515** www.bsacd.org.uk

**Since coming home I have checked to see if there is one policy with regards to where disabled people can sit on a plane and it appears that every airline has its own policy. I suggest that you check with the airlines when booking.*



disability information

Government Reform of Incapacity Benefit

On 24 January 2007 the Government released a Green Paper entitled 'A new deal for welfare: empowering people to work'. This included the long awaited reform of Incapacity Benefit. The new benefit will be called Employment and Support Allowance (ESA) and will replace Incapacity Benefit and Income Support paid on the grounds of incapacity for work by the end of 2008.

The Employment and Support Allowance (ESA) is composed of two parts which are paid at different rates:

- The employment component is for people who have been assessed as having a limited capability for work or work-related activity.
- The support component is for those who have been assessed as being too severely disabled to undergo any work related activity.

When a person applies for this benefit they will need appropriate evidence that they have a disability or health condition. They will then undergo a three month assessment period when they will be given an allowance set at the basic Job Seekers Allowance rate. During the assessment period they will have a Personal Capability Assessment (PCA) to assess whether they are able to take part in any work related activity.

If a person is assessed as being able to take part in any work related activity they will then move onto the employment component. This component has conditions with it including having to attend a work focused interview.

The work focused interview would be a discussion between you and the personal advisor to find out what your aspirations for working are and the steps they may be able to take to enable you to obtain a job.

The personal advisor should tell you what help and support is available to you when applying for a job and also when you find employment.

If, after an assessment, a person is found to be incapable of undertaking any work related activity due to their disability then they will be placed on the higher support allowance of the ESA. They will also not have to attend any work focused interviews, although they can attend them voluntarily if they want to go back to work.

It is important to know that if you are already receiving Incapacity Benefit you will continue to receive this at present and will not have to re-apply for the Employment and Support Allowance. It is only being introduced for new claimants at present but the intention is to transfer everyone to the new benefit gradually at a later date.

London Underground Accessibility

The London Underground have completed a six month consultation period 'Towards an Accessible Tube'. The key part of the plans is to provide step-free access at more tube stations. The consultation has identified two approaches. The first is the 'Journeys' model that will focus on the highest number of step-free journeys possible and so this would mainly effect most used stations, which are in central London. The second approach is the 'Demographic' model that will focus on step-free access in stations that are located close to people who would benefit the most and in this case suburban stations would be modified. A compromise between the two would be ideal. The London Underground will have step-free access in one-third of stations by 2013.

To find out more about the consultation visit www.tfl.gov.uk and go to 'Getting Around' then 'Transport Accessibility' and then 'Tube' or call **0845 330 9880** for a copy. A full report of the consultation will be available later this year.

disability information

Saving Energy

At present the cost of fuel is becoming more expensive which means that many people on a low income are struggling to pay their bills over the winter months. Also, with global warming being at the forefront of many governments' agendas there is an added pressure to reduce the amount of fuel people are using.

This is especially difficult for older and disabled people as many need to keep their homes at a consistent temperature to ensure their bodies don't get too cold. They are also the group of people who are most likely to be on a low income and may have difficulty meeting bill payments.

There are now quite a few groups that are offering free advice on how you can save energy, and so reduce your fuel bills, whilst keeping warm (see end of article for contact details). Some of the eligibility criterion for these services include being of pensionable age, having a disability, being hearing or visually impaired or having a long term health condition.

These advice services will tell you what you can do around your home to help you stay warm during the winter months with the aim of becoming more economical and environmentally friendly. This will hopefully reduce your fuel bills. They may recommend that you increase the insulation in your home as most heat is lost through the roof and sometimes through the walls. To many people this will seem like an expensive course of action but there is help available.

A government grant called Warm Front provides money for improvements to your home to become more fuel economical. They are able to provide grants to people who receive the qualifying benefits which include Disability Living Allowance and Attendance Allowance. If you qualify for the grant you can get up to £2700

worth of improvements to your home including loft and cavity wall insulation, installing or replacing central heating, fitting a glass fronted fire if you only have a solid fuel open fire and they can also provide you with some energy saving light bulbs.

Most of the leading energy suppliers will also help by providing free energy efficiency advice and by installing insulation free of charge to people on disability related benefits. They will obviously only provide this service to the houses they supply power to so you will have to contact your own supplier to see what they can offer you. British Gas though, in partnership with the Mayor of London, will provide free insulation to Londoners on a disability related benefit, please contact 0845 070 5059 for more details.

Energy Efficiency Advisors

Energywatch – For more information on what they can offer you telephone **0845 688 9594**, or visit their website on **www.energywatch.org.uk/areyoumissingout**



The Energy Challenge – run only in the London boroughs of Barnet, Brent, Camden, City, Greenwich, Hackney, Haringey, Lambeth and Tower Hamlets. For more information telephone **020 7643 1384** or e-mail **coluby@csv.org.uk**

The Energy Saving Trust Advice Centre – offers free, impartial advice on how to increase fuel efficiency in your home. To find out what services are on offer in your area contact them on **0800 512 012**.



news roundup

RNOH News

The RNOH NHS Trust has completed a three month consultation, which began in July 2007, to become an NHS Foundation Trust. Becoming an NHS Foundation Trust will allow the hospital to make decisions independent of the Department of Health but still be subject to national standards. This will help the RNOH to continue to improve its services and work towards the development of a new hospital at Stanmore.

To support the RNOH in its future plans you can become a member of the RNOH Foundation Trust by visiting www.rnoh.nhs.uk or call **020 8909 5474**.

Disability Rights Commission (DRC) news

WordBank

The DRC's latest innovation is WordBank, a pilot scheme designed to simplify difficult language and jargon in a fun and interactive way. This is especially helpful to those with learning difficulties. It is a new service, so the DRC would welcome any feedback.

Please visit: www.word-bank.com



Liberty Arts Festival

The sun shone down on Trafalgar Square for London's Liberty Arts Festival on the 1st September 2007. The festival, now in its fifth year, is fully inclusive and accessible and aims to promote disability rights as well as showcase the talents of disabled artists and performers.

There was something for everyone; a children's sensory garden party, interactive translucent graffiti wall, and creative visual arts to inspire the contemporary mind. Comedians, circus performers and musicians came from around the country including soul funk group "Blind Bling" and drum & bass from DJ Void along with many others. You could get involved in some of the activities like learning to ride a unicycle from the circus performers or you could just watch the dancing by the "Heart 'n Soul" performance arts group.

Disability groups such as Shape, Artsline, The Disability Rights Commission and People First were there to provide disability information from their stalls.

A lively and fun festival celebrating disability art. A day enjoyed by all, so why not put it in your diary for next year. To find out more visit: www.london.gov.uk

ask TDF

Q Are there any charities that can help me buy a computer and give advice on adaptations to suit my needs? I am disabled and on a low income.

A There are a number of charities who specialise in providing adapted computers for disabled people and who can also give financial advice. Please contact:

- Adapt-It **www.adapt-IT.org.uk** Tel: 0845 644 1712
- Aidis Trust **www.Aidis.org** Tel: 0207 426 2130
- Computers for the Disabled **www.cftd.co.uk** Tel: 01268 284 834

TDF has a factsheet on Computers and Information Technology (IT) and it is available on our website at **www.tdf.org.uk** or call TDF's Information Department to request a copy.

Q I am disabled and would like to meet other disabled people for friendship and possibly companionship. Are there any groups I could join?

A There is a wide choice of organisations for disabled people to meet other disabled people as well as mainstream integrated groups. Most are free to join and some offer both dating and friendship opportunities. Please see the following disabled groups:

- The Outsiders Club **www.outsiders.org.uk** Tel: 0207 354 9291
- Enabled Already **www.enabledalready.com** Tel: 0273 227 025
- Disabled Friends **www.disabledfriends.com**
- Disabled United **www.disabledunited.com**

If you are feeling adventurous you may like to try speed dating. Contact Speed Dater **www.speeddater.co.uk** Tel: 0845 838 5600 or Disability Works **www.disabilityworks.co.uk** Tel: 01922 721 312

Q I am elderly and concerned about fire safety in my home. Is there anyone I can contact for advice?

A As part of the 'Be Safe & Sound' campaign the London Fire Brigade are currently carrying out free home fire safety assessments for vulnerable people. They will also fit a free smoke alarm where needed. To arrange a free home fire safety visit contact The London Fire Brigade on Freephone: 08000 28 44 28 or visit www.london-fire.gov.uk.

TDF's Disability Enquiry Service

TDF have a national Disability Enquiry Service open to all who have a disability related query. Whether you are disabled, a carer, a family member or friend of a disabled person we are here to help. The service is not topic sensitive so you can ask about any disability issue. The Disability Enquiry Service is a friendly free service (other than the cost of a phone call) designed to answer any disability query and provide you with as much support and advice as possible.

Disability factsheets are also available on the TDF website and if you do not have web access we can send you a copy in the post (free of charge). You can access the Disability Enquiry Service either by phone, email, in writing or in person. Please see our contact details below.

The Disability Foundation
Disability Enquiry Service
Based at RNOH
Brockley Hill
Stanmore
Middlesex HA7 4LP

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

TDF Therapy Wordsearch

Can you find the therapies we offer here at TDF?

O	S	C	N	E	T	U	J	U	L	H	C	F	A	C
F	C	H	I	R	O	P	O	D	Y	R	W	P	O	G
E	P	R	N	T	X	T	S	Y	F	E	R	U	X	Y
R	H	Y	A	A	S	K	Z	L	R	J	B	J	F	I
E	C	O	U	N	S	E	L	L	I	N	G	S	F	H
F	T	B	G	C	I	V	U	G	H	C	I	S	K	V
L	O	H	Y	P	N	O	T	H	E	R	A	P	Y	E
E	D	Q	R	W	Q	U	S	N	X	E	C	M	D	G
X	I	Z	B	F	I	T	H	A	I	Y	O	G	A	A
O	N	L	L	W	N	E	I	V	C	Q	D	P	O	S
L	T	L	R	R	O	M	A	S	S	R	C	R	E	S
O	S	T	E	O	P	A	T	H	Y	S	A	M	K	A
G	S	I	I	Z	R	H	S	T	J	B	C	L	T	M
Y	K	U	A	C	U	P	U	N	C	T	U	R	E	A
I	O	N	K	I	L	M	A	Y	B	R	M	V	D	Y

Acupuncture

Osteopathy

Hypnotherapy

Chiropody

Reflexology

Thai Yoga

Counselling

Reiki

Massage

Cranio Sacral

Shiatsu

Contact TDF

The Disability Foundation

Based at RNOH

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Stanmore

Middlesex

HA7 4LP

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Website: www.tdf.org.uk



**Thank you to
Il Divo and all our
supporters from
everyone at TDF**



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