



THE DISABILITY FOUNDATION

The Disability Foundation is a Registered Charity Number 1076761

ISSUE NO. 2, AUTUMN-WINTER 2001

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NEWS ROUND UP

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TDF services now accessible to blind & partially sighted people

We are currently in the process of having all our literature put into Braille and on Audio Cassette in a bid to improve access to our services. This new service will be advertised through the Royal National Institute for the Blind (RNIB) in an article placed in their own newsletter as well as the Radio Times.

According to the RNIB there are over 2 million people in the UK with non correctable sight problems and many more who experience sight related difficulties on a day to day basis.

The RNIB provides a wide range of information support and advice to blind and partially sighted people as well as working towards a better understanding of eye health issues for people who are not registered as blind or partially sighted. Indeed many of the projects and campaigns RNIB participates in, make life easier in any situation where sight is needed.

If you have an enquiry about a sight related matter, would like some information, support or advice or need to know who to contact about a topic that

Free Fire Training & Advice

The London Fire Brigade, with the Harrow Association of Disabled People (HAD), Rotary Club and others have set up a project with the aim of ensuring that people living in our community are provided with information about the dangers of fire, how to avoid the, how to plan an escape route and what else to do in the event of a fire.

To reduce the risk from fire the partnership is commencing a programme to provide, fit and maintain smoke alarms. You, or anyone you know who is aged 60 years or over, or has a disability can apply to have a suitable alarm supplied and fitted free of charge simply by contacting;

**Nikki Washer at HAD
on 020 8861 9920**

Please write to us with any comments, ideas or hints you may have. In the next issue we will publish some of your letters in a new section entitled 'Feedback'

chairman's letter

Welcome to our second Newsletter. We had so much interesting information to share with you that we had to add four pages!!! Our most exciting news is that we are becoming so busy, thanks to the support of all our loyal and wonderful clients, that we need more space. Consequently, next month we are going to begin building work by knocking through to next door, which will effectively double the size of the centre, giving us an extra three therapy rooms and also providing us with more office space too.

You will be pleased to know that we have expanded our list of therapies to include **Alexander Technique**, which started in September; **Chinese Massage and Acupressure**; **Podiatry**, which is a form of Chiropody (see in-depth info in Health File) and **Manicure**. We are thrilled to welcome a number of new therapists to TDF, including Christine and Michelle who are joining us from Aspire.

We have been receiving enquiries by children who are sole carers of disabled parents, to include a **Specialist Child Counsellor** in our services, so that will be starting in the next couple of months. We will keep you posted. If you have any enquiries regarding any of the above, please feel free to phone us for further information.

Please read our members letters page, which is a new addition to the newsletter. Please do send us in your letters with any comments, ideas or hints you may have.

Our **fundraising** is going quite well too, but if anyone has any fresh ideas, please do let me know – every bit of help is appreciated!!!

The centre is growing both in size and renown – we have forged some wonderful partnerships and links within the community. Aspire and TDF are working very closely together; HAD are going to be providing us with a Benefits Advisor and Disability Consultant, as soon as we have our new offices, and we are now an affiliate member of DIAL UK so watch this space – TDF doesn't sit still for long!!!

Of course, it is you, our wonderful clients who have helped to make all of this happen – many of you have become like second family to us and we love to see our regulars and look forward to our not-so-regulars coming in too. I would like to take this opportunity to thank our Patrons, Supporters and “anonymous” supporters for all their “support” and help. Our staff, which has now grown to a huge list of twenty regular and fill-in therapists, five office staff and the same old Trustees/Directors, have all been incredible. Everyone works tirelessly, offering ideas, suggestions, unconditional dedication and love. I think that the friendliness and care that permeates the centre is obvious as soon as you walk in – but then again, maybe I am biased!!! Thank you all and please keep supporting us in your own individual way.



MICHELE FREEDMAN, CHAIRMAN

appeals

TDF starts new stamp collection...

We are collecting stamps at the centre and are particularly interested in foreign and commemorative issues, although we equally welcome standard first and second class too.

Please ensure that any stamps you may send us are trimmed neatly to the edge without damaging the stamp or its perforation. Don't forget to tell all your family and friends about this as each small contribution from you will help us in raising much needed funds for the charity.

If anyone would be interested in helping us, then please speak to Giovanna on your next visit, or by phone on 0208 954 7373.

RECYCL-A-PHONE

Donate all unwanted mobile phones now. Each phone will raise an average of £3 for SCOPE which is a charity for people with cerebral palsy.

Currently, mobiles are likely to end up in landfill sites when they become obsolete or damaged.

Research suggests that there are over 14 million mobile phone users in the UK today, yet the recycling rate is only 1%. So please hunt for those old, redundant, unwanted or broken mobile phones (including any accessories and hardware).

You can post up to three handsets FREE to SCOPE, Recycl-a-phone Campaign, FREEPOST Mid 23462,

TONER DONOR

TDF have joined SCOPE for their inkjet and laser cartridge recycling campaign. They will now be making 25% more profit for every single inkjet or laser print and toner cartridge you donate.

Now you can help the planet as well as supporting a very worthwhile cause.

Phone now for details of collections in your area on 0845 458 8822.

If you wish, you can also return all your ink, laser and toner cartridges directly to SCOPE at:

SCOPE-Toner Donor Campaign, c/o Envirocare, FREEPOST SWB978, Bristol, BS1 5ZZ.

DON'T DELAY

'cash for cans'

If you have access to a can vending machine, think of how many cans you drink a week and multiply that by the number of people working or living with you. That's literally how much you could be recycling. For further details please call 0845 722 7722



TDF NEEDS YOU!

Volunteers are urgently needed at our very busy centre in Stanmore. Duties can include helping to update our database, helping clients or therapists and general duties. If you have any time to spare and would like to get involved with this fast growing charity, then please contact Julia Henry or Sona Malde on 020 8954

TDF XMAS CARDS FOR SALE

We are going to be producing our own charity Xmas cards this year for sale to all of our members. The pictures have all been drawn by the children of College Park School, which is a special needs school for children with moderate learning difficulties in London. For more information and prices, please do not hesitate to contact

body, mind and soul

NEW THERAPIES @ TDF

We are thrilled to announce that we will be offering the following treatments and therapies at our centre in addition to the comprehensive range currently on offer. Here's what to look out for, starting this September...

THE ALEXANDER TECHNIQUE

The technique is a system of body awareness that is designed to improve posture and quality of movement. It combines physical, mental, emotional and spiritual aspects to help re-balance the body and mind.

People have Alexander sessions for a wide variety of reasons, including stress-related problems, breathing disorders, neck and shoulder tension, back pain and RSI.

Sports players and the health conscious use the Technique to improve co-ordination, performance and well being; many actors, musicians and drama colleges use the Alexander Technique to help with voice problems. It is a holistic approach towards transforming emotional blockages.

CHINESE MASSAGE AND ACUPRESSURE

Otherwise known as Tui Na, this is a treatment that is done through your clothing. It improves healing by aiding circulation, muscle tone, skin tone, lymph drainage, nerve

enervation and improving mobility in joints. It works by finger pressure applied to the meridian lines which are pressed and stretched. In some ways this is very similar to Swedish massage and Shiatsu, but also stretches limbs more.

PODIATRY

Podiatry is curative foot care that includes the use of various therapeutic techniques. Like chiropody, it maintains the health and condition of your feet and their disabilities, such as walking disorders in children, injuries to the feet, corns, bunions, and foot infections. It also has a preventative role that includes inspection and detection of foot conditions requiring treatment and advice and also foot-health education.

The Podiatrist is also trained to recognise medical conditions which manifest themselves in the



For further information on any of the new treatments mentioned above or to make an appointment, please give us a ring on 0208 954 7373.

NEWS

FLASH

MANICURES will soon be available through our certified beauty therapist.

Whynot indulge yourself in a

French

Manicure, Gel Nails or a simple Manicure. Prices start from only £10.00

CHILD

COUNSELLOR

We have just appointed a specialist child counsellor with over 10 years experience.

Areas of expertise includes; Eating Disorders, Gender Difficulties, Children and Adolescents, Pregnancy Crisis and Loss and Womens Issues.

all treatments include a follow-up consultation. More information is available on request.

body, mind and soul

BOOST YOUR IMMUNE SYSTEM

Vitamin C and the mineral zinc are two of the most important weapons in keeping a fighting-fit immune system, especially during a long and demanding winter.

Raw green peppers, strawberries and Brussel sprouts contain more vitamin C per ounce than oranges.

The best sources of zinc are wheat germ and oysters, so now there's a healthy excuse for indulging in a little passion food too!

Fact File: Hypnotherapy

With every newsletter we will be offering you an in-depth editorial about one of the therapies or services that we have at TDF. This issue Fact File will be taking a closer look at HYPNOTHERAPY.

What is hypnosis?

Hypnosis is a state of consciousness brought about by deep relaxation or where the client becomes focussed internally. In this state, the mind is usually more open to the process of change. As such, a client and therapist can safely work together using a agreed approach to enhance mental, physical and emotional wellbeing.

How does it work?

Under hypnosis, the conscious rational part of the brain is temporarily less active, thus

allowing the subconscious part to become more receptive to positive reception. The client is generally aware of his or her surroundings, and can choose to come out of hypnosis at any time. IT IS APPARENTLY IMPOSSIBLE TO HYPNOTISE ANYONE AGAINST HIS OR HER WILL.

What can it treat ?

Hypnotherapy is most often used to help with a large range of disorders including smoking, phobias, insomnia, eating disorders, stress related physical problems, bereavement, weight control, panic attacks and



Therapy Price List for Disabled Users

MASSAGE		
Aromatherapy	30 mins/1 hour	£10/£17.50
Sports/Injuries	45 mins	£14
Remedial with Oils	30 mins/1 hour	£10/£17.50
Holistic therapeutic or Remedial	30 mins/1 hour	£7.50/£15
Chinese and Acupressure	1 hour	£15
Aromatherapy Facial	30 mins	£11
Scalp and Face	30 mins	£7.50
Indian Head	30 mins	£11
SHIATSU	1 hour	£20
OSTEOPATHY	45 mins	£15
REFLEXOLOGY	1 hour	£12
ACUPUNCTURE	45 mins	£15
ALEXANDER TECHNIQUE	45 mins	£15
HYPNOTHERAPY	1 hour	£10
COUNSELLING	50 mins	£12
REIKI	1 hour	£10

PLEASE ASK US FOR CARER/NHS AND ABLE BODIED RATES

community

ASPIRE NATIONAL TRAINING CENTRE

In the grounds of The Royal National Orthopaedic Hospital lies a unique and groundbreaking building – the Aspire National Training Centre (ANTC).

The first impression when entering the ANTC is that this is a really exciting leisure centre with all modern gym, swimming and sports facilities, but this is no ordinary sports facility because every aspect of the building has put the needs of the disabled first. The swimming pool is the first in Europe to have a ramp so that wheelchair users can get in and out of the pool with dignity. The sports hall is used as a training centre for the London Wheelchair Rugby and Basketball Teams, as well as for many other activities for both able bodied and disabled users.

Perhaps the most astonishing part of the building is the gym, which has all the equipment to be expected from a first class facility

of this type. The difference is that wheelchair users and able-bodied people alike can use most of the equipment and there are other machines which are especially for disabled users.

The Aspire National Training Centre is proud to boast that it has a disabled membership of 38%, in contrast to the national average of 2-3%. The wholly integrated facilities are the essence of Aspire's philosophy. People with any form of medical problem or disability can be trained how to use the equipment properly and safely by experienced fitness professionals. The centre is also proud of its super café, an Internet café and the Karten CTEC Training Suite for computer skills and back to work training.

Why not come along and see for yourself, bring your families and recommend it to your patients.

For further details please

CARER SERVICES WITH JEWISH CARE

Jewish Care's services for carers provide help and information for those who are caring for a relative or friend. There are support groups in Golders Green, Edgware, Stamford Hill and Redbridge. They provide a safe and confidential environment to discuss your situation with others who understand. Each group is tailored to meet the needs of very individual caring situations, such as dementia, mental illness, addiction and physical disabilities.

We have our Admiral Nursing team who specialise in dementia; Information and Advice Workers and Managers of the Service who can help either by telephone or by meeting you at their drop in centre sessions.

They also arrange days out for carers and can offer daily or weekly respite care through their Social Work service.

**Please phone Sonia Douek
Service Manager on 0208 922**

IN BALANCE Holistic Magazine

'In Balance' is the only Holistic health magazine with its own radio show for London and the South East.

Listen in on Sundays at 4.00pm on Spectrum Radio or go to www.inbalancemagazine.com and subscribe.

Val Brown, the editor and presenter welcomes contributions to the magazine and radio show – but do send an outline first to:

**In Balance,
50 Parkway,
Welwyn Garden
City,
Herts AL8 6HH
or phone 01707**

benefits & advice

FREE MILK FOR DISABLED CHILDREN

If your child has either a physical or mental disability, you may be able to get free milk for them.

If they are between the ages of 5-16 and unable to attend school then you can apply. You do not need to be receiving a benefit to qualify for free milk.

The Disability Benefits Unit may need to ask you about your background and look at any official documents you have to support the information you give. If you think you may be able to qualify...

You can claim using an FW20 form from:

**The Disability Benefits Unit
Room C122A
Lobby D
Warbeck House
Warbeck Hill Rd
Blackpool**

Help for carers...

Thanks to two pieces of legislation – the Carers (Recognition and Services) Act 1995 and The Carers and Disabled Children Act 2000 – people caring for disabled relatives, neighbours or friends can now expect certain services from their local council.

As a carer in England or Wales, you can now ask for an assessment of your needs, as well as those of the person you are caring for. You may be able to get help with respite care or other support. Respite care is helping look after the person you care for while you have a much-needed break.

For details on how to get it, please contact your Social Services department. Look under the name of your County Council, Borough Council (or, in some areas, now Unitary Authority), or London Borough.

You may be able to find out about other local organisations that can help from the phone book, your local library, the social services department or a Doctor's surgery.

**Carers National Association
(Monday – Friday)
10am to 4pm.
Tel. 0808 808 7777**

**Carers National Association
20-25 Glasshouse Yard**



HOSPITAL TRAVEL COSTS

If you get Income Support or Income-based Jobseeker's Allowance you can get help with the cost of your fares or petrol when you go into and come out of hospital for NHS treatment. This service can also help with the cost of your fares or petrol as a hospital outpatient for NHS treatment. If you don't get either of the above benefits, you may be able to get help with travel costs through the NHS Low Income Scheme.

If you need someone to travel with you, you may also be able to get help with the cost of their fares. Parents can claim help with travel expenses when accompanying your child if you fall within one of the groups listed above.

Tell the hospital you want to claim travel expenses and show them proof of your entitlement. Remember that the law only authorises "the cost of travelling by the cheapest means of transport available" – normally this means the cost of second-class public transport. Taxi fares can be covered if you are unable to use public transport because of a physical disability or where no public transport is available.

If you want to claim under the NHS Low Income Scheme, get form HCI. You can claim health costs from your social security office or NHS hospital.

**For more information , phone
The Health Information**

news round up

CONTROLLING YOUR HOUSE AT THE TOUCH OF A BUTTON

SRS Technology have developed innovative computer technology for the benefit of people with physical, sensory and learning impairments.

Among the many products developed by the company is the revolutionary SRS 100 environmental controller, which provides people with easy control of domestic appliances within the home, regardless of the level of disability or restricted mobility.

The SRS 100 is now on NHS contract as well as available privately. For further information contact:

SRS Technology

COMPUTER TRAINING FOR EVERYONE...

The Aspire National Training Centre has expanded its computer-training department and has opened the Karten CTEC Centre. The centre aims to provide computer training for anyone with a disability with the help of the many computer adaptations that are on offer.

As part of the expansion, they are introducing a new training programme with a variety of computer services.

**Please contact Steve Day or
Ben Mears on 0208 420**

**6712/6727 or email:
it@aspire.org.uk**

Gardening for people with visual impairments

A new gardening book for visually impaired people "Getting on with Gardening" is now available from the Royal National Institute for the Blind (RNIB). It is available on Audio Cassette or Braille or in large print for £3.50

Tel. 0845 70213

+++FOR SALE+++

PRIDE CELEBRITY 4 WHEELED SCOOTER

full suspension, lights, rear view mirror, front basket and weather cape. Purchased August 2000. Used for only 5 months. Regularly charged. £1,200 ovno

Tel. 020 8863 9139

UNUSED SINGLE ADJUSTABLE BED WITH REMOTE CONTROL

£500 (COST £1,000)

Buyer to collect

Tel. 020 8950 3971

'RASCAL' 3 WHEELED SCOOTER - BLUE

2 yrs old, rarely used

Excellent condition

£1,250

Tel. 020 8907 0401



**Do you know
anyone who
would like to
do a sky dive to
raise money for
TDF, or would
you like to do
one yourself?**

**If so please
contact us:**

on

0208 954 7373

**for further
details or an
information
pack.**

TDF HITS THE WEB

TDF is about to hit the web!

We are in the process of designing and posting our new web site. It has been a long time coming and we apologise for the delay, but hopefully it will be worth the wait!

We will be putting up all our details and information as well as adding some fun features and making our newsletter available for download. The launch is aimed

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