



THE DISABILITY FOUNDATION NEWSLETTER

The Disability Foundation is a Registered Charity Number 1076761

ISSUE NO. 3, Summer/Autumn 2002

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TWO NEW MEMBERS OF THE TDF FAMILY!

TDF welcomes our two new employees that was appointed from 1st July, making good use of the National Lottery funding.

Suzanne Rymer, our Project Co-ordinator, co-ordinates and organizes statutory and other applicable funding to ensure TDF's continued growth and expansion.

Anne Dvinge is our Disability Information Co-ordinator. She provides information to staff, clients and the public about current disability issues. She is also in the process of developing the Information Service with an expansion

of our database and library, as well as co-ordinating the construction of our new website.

You can get all the details on both of them in the 'News Round Up'.



Anniversaries

50th Anniversary!

Terry & Ann Cramer, two of our most beloved clients, celebrated their Golden Wedding Anniversary in June. We couldn't believe our luck when they told us that they had asked all their guests for their "presence not their presents" and to send a donation to The Disability Foundation. Their generosity managed to raise £1,052 for the chari-

ty. We thank them so much for their unbelievable kindness and wish them good health and another 50 years together!!!

...and within the ranks.

TDF also sends their love and greetings to Michelle Freedman and her spouse who turned the big **25** this September.

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

I can't believe that this is our third newsletter. Doesn't time fly when you are having fun, or when you are busy!! The Centre has grown so much since we last went to print. We now have over 800 clients who are making use of, and benefiting from, the services at The Disability Foundation.

As you may be aware, we were granted lottery funding which has enabled us to take on two brilliant new additions to the charity. Suzanne Rymer, Projects Co-ordinator and Anne Dvinge, Disability Information Co-ordinator - further details inside.

Our children's multi-sensory room is now complete. This was very generously funded by The Variety Club, The Philip Green Memorial Trust and The President's Club. Please see overleaf for more info on the services available and the therapists we have added to our wonderful team.

The centre is growing on a daily basis, and the results are plain to see. We aim to enable our clients to maximise their quality of life so that they can still reach their full potential and retain their independence as much as possible. We notice on a daily basis the dramatic development and improvement of the clients who come to us regularly.

With all of our supporters - both clients, Patrons, office staff, therapists, volunteers and friends - we are able to grow and reach out to those who need us. Thank you, as always, for all you give us. For friendship, unconditional love and support, for the sweets, cherries, hugs and smiles that pass through our doors each and every day. We are blessed and we thank you.

A handwritten signature in black ink that reads "Michele" with a small "x" below it.

MICHELE FREEDMAN

appeals

FUNDRAISERS

One of Chairman Michele Freedman's main roles at TDF is as Event Fundraiser. The past seven months has been very busy for her as she arranged **four** major events. Here is a brief outline from her:

RICHARD AND JUDY LUNCHEON

We were very lucky when Richard and Judy accepted our invitation to be our guests of honour at a Ladies' Lunch in November. A hundred beautifully dressed women, came to The Langham Hilton and asked our best known celebrity couple questions. A fabulous buffet was prepared by Georg Fuchs and the event raised loads of money.

LADIES LUNCH DALE WINTON

I hosted an exclusive Ladies Lunch at my house in January. Dale Winton was the guest of honour and he spoke to 40 guests about his life, his work and his views on everything from politics to show business. He gladly answered questions and everyone enjoyed themselves thoroughly. Putney Bridge Restaurant provided delicious food!! All money raised came directly to the charity.

THE COMEDY EVENING 2002

Comedian Bobby Davro hosted a hysterical comedy evening at Jongleurs, Camden in May. Frank Carson, Paul Zerdin, ventriloquist extraordinaire and Bradley Walsh completed the line-up and had us rolling in our seats. The salt beef sandwiches provided by Tony Page were eaten as quickly as they were made. Our thanks to Harrods who generously provided all the raffle prizes and gifts and to all the fabulous comedians who gave us their time for free!!! Fab evening and we made loads of money!!

GOLF DAY AT HARTSBOURNE COUNTRY CLUB

Graham Roberts, ex-Spurs and England footballer, joined fifty golfers in June to raise money for TDF. Brilliant sunshine and a wonderful lunch provided by the Club made the day just perfect. Our heartfelt thanks to Dr Victor Lewis, Hartsbourne's Captain, who very kindly offered us his Captain's Day. Thanks also to Harrods who provided golf equipment and raffle prizes.
(MF)

FLORA LIGHT CHALLENGE POSTPONED

Unfortunately TDF missed the deadline to participate in the Flora Light Challenge. But those of our members and therapists that gave contributions towards this should not despair. TDF will later in the year arrange for our very own Flora Light Challenge, and we promise it will be at least as fun

and challenging. We hope to see all those who wanted to participate on the first one and if any of our members or therapists missed the deadline first time around there is now ample opportunity to support TDF on the next occasion. Details will be posted at a later date.

TDF NEEDS YOU

TDF is yet again on the hunt for good volunteers.

Duties can include helping to update our database, helping clients or therapists and general duties. So are you or do you know a warm and caring person with many talents and time on his/hers hands, who would like to make a difference to our clients and staff, please contact

**Julia Henry or Ruth Vickers
on 020 8954 7373.**



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.**

Read more about the sky dive that one of our therapists did in the 'community' section.

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...

Children's Therapies:

Disabled children or children who are carers are often overlooked. TDF wishes to provide these children with support and the opportunity to grow, and has therefore created a specialist sensory room.

The room has been fitted with sensory equipment, which provides a wonderful environment with coloured lights, talking machines and interactive games designed to help develop sensory and motor skills for children with special needs, and encourage non-communicative and frightened children to relax and interact with the therapist.

Along with the sensory room TDF has opened up for a whole range of therapies especially for children and is also offering some of our existing therapies to children. Some of these are:

- Children's Counseling
- Baby Massage
- Craniosacral Therapy
- Osteopathy
- Acupressure
- Reflexology
- Reiki
- Chiropody
- Manicures

Of our regular massages we offer:

- Aromatherapy
- Sports/Injuries
- Holistic therapeutic
- Remedial
- Scalp & Face
- Indian Head

Additionally to the complementary therapies, TDF's information services are naturally also open to children with disabilities or their carers. We welcome all children regardless of type or degree of disability, and invites parents and/or carers to bring in their children, individually or in groups.



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

TDF EXPANDING AGAIN.

From November we have taken on 3 new therapists, so that we can keep up with the high demand for therapy. Responding to several requests we have actively sought to employ male therapists. Two of our new therapists do remedial and therapeutic massage and one do Thai Yoga.

We welcome them onboard and hope they will be as busy as our other therapists

LATE THURSDAYS ARE BACK

To those of our clients who hasn't been in the centre lately, we are happy to announce that our late Thursdays are back. We resumed this extended service on September 12th and will be keeping the centre open till 8.15 every Thursday night.

body, mind and soul

REIKI COURSE AT TDF

Our wonderful Reiki therapist, Rebecca Lowrie, is now offering a Reiki Level 1 course on the premises of TDF.

Reiki is an ancient hands-on healing method that can be used on yourself, friends, family and even animals. Reiki is pure healing energy. It is very powerful yet gentle. As well as dealing with specific issues and ailments, Reiki is useful as a preventative measure against illness, stress and fatigue.

If you feel that you have come to a time in your life where you are ready to heal and love yourself, Reiki Level 1 may be for you.

Please contact Tdf for more information or call Rebecca directly on 020 8959 8589



Fact File: Craniosacral Therapy

Again in this issue we offer an in-depth editorial about one of our therapies. The Fact File of this issue takes a close look at CRANIOSACRAL THERAPY.

What is Craniosacral therapy?

Craniosacral is a hands on, extremely gentle, non-manipulative therapy. The therapist listens, via the hands, to what is going on in the body. In this way, the therapist can identify and help relieve pain or tension held in the body. It works at a very deep, subtle levels and has a calming effect on the central nervous system.

How does it work?

The treatment has its roots in cranial osteopathy, which is based on a number of findings about the body's subtle physiology. These findings show that every cell in a healthy body expresses rhythmic movement that is fundamental to

life, and which has been called craniosacral motion. Therapists are trained to palpate this subtle motion in the body and can identify areas where there is congestion or restriction. The therapist's touch reflects back to the body and this provides an opportunity for the body to let go of its restrictive pattern and return to a more balanced way of functioning.

What can it treat?

Craniosacral therapy is so gentle that it is safe and suitable for people of all ages. It can address many conditions whose origins are more specifically craniosacral and therefore cannot be dealt with by any other means, but a wide range of disorders respond well to the treatment. Some of these are: Asthma, Autism, Birth trauma, Bone/joint disorders, Cerebral Palsy, Depression, Digestive, Learning difficulties, ME, Menstrual pain and Stress.

MASSAGE		Children's therapy price list for disabled users	
		Please ask us for carer/NHS and able bodied rates	
Aromatherapy Remedial with Aroma Oils	}	30 mins	£11
Holistic therapeutic or Remedial			
Sports/Injuries			
Baby/Infant			
Aromatherapy Facial			
Scalp & Face	}	30 mins	£7.50
Indian Head			
REFLEXOLOGY	}	30 mins	£10
THAI YOGA			
SHIATSU	}	45 mins	£17.50
OSTEOPATHY			
ACCUPRESSURE	}	30-50 mins	£12
COUNSELLING			
CRANIOSACRAL	}	30-45 mins	£15
REIKI			
CHIROPODY	}	30 mins	£8
MANICURE			
SENSORY ROOM		20 mins	£4.50
			Donation

community

A new beginning

Many of you may have noticed the wonderful painting that has taken a prominent place in our reception. There is a story behind and that a very fascinating one.

Picture this: An accomplished young businessman, living life to the max and experiencing success with every new venture. Then one day he wakes up in hospital, severely injured after having been in a near fatal motorcycle accident. But instead of sinking into depression and passivity with the realisation that his old life has closed its door on him, he makes this accident a turning point of his life and sets out on a whole new road.

This pretty much sums up the story of **Robert Nitka**, entrepreneur and artist, and generous donator of one of his paintings to TDF. But this is a story too fascinating to just make a summary of.

Making the transition from creating and marketing promotional merchandise to painting was a process that started with his accident in 1996, and in that respect Robert says that it was the best thing that ever happened to him. But first he needed to regain some of his lost mobility. His right leg was crushed and he completely lost the use of his left arm, his dominant arm. Slowly his leg has gotten better, but his arm is still immobile. Therefore, picking up the paintbrush one day, with his right hand, was just for fun and he didn't expect anything to come of it. But, as much to Robert's own surprise as anyone else's, he

turned out to be quite the artist. He has now made art his way of life. And this change permeates every aspect of life for him.

Although Robert suffers from constant physical pain, he does not believe in conventional medicine and questions its long-term effects on the body. Instead he has turned to complementary therapies such as massage and meditation to make his daily existence more bearable. "Everything connects," he says when asked about this new vision on life. Nothing exists in a vacuum, but is always connected to other things in endless association.

He lives his life as simple as possible, just painting, eating and exercising, detaching himself as much as possible from the materialistic world that he before used to live in. His long-term goal is to build a school where arts and sports shape the core curriculum - "and the rest will follow" as he says, trusting that the universe will provide.

All of Robert Nitka's painting are for sale and if any of our readers should be interested in seeing and knowing more they can contact TDF for further information.

(AD)



SKY DIVE FOR CHARITY!

Our therapists must really love us! Especially when they decide to do a sky dive to raise money for TDF.

That was what Mario, our Thai Yoga therapist, did on September 21st, where he performed a 10.000 feet (!) jump from a plane - with a parachute...

A group of us went along to cheer him on and appart from a few cars breaking down on the way up and back, there was no major accidents. Mario braved the elements and landed safely back on the ground. With no broken bones he's back at TDF to tell the story....

From all of us he gets a big cheer and THANK YOU! We are very proud to have suvh a brave and dedicated man in our midst.

benefits & advice

Did You Know?

...Of the National Key Scheme. It provides disabled people with their own personal key for most public disabled toilets in the UK. Further information with RADAR on [tel].

...That you can get some aids by prescription from your doctor, such as incontinence pads. This way you might be able to get a better product than what the local health authority offers.

...hear of the Leisure Pass Scheme? It is a scheme provided by some local council's to allow disabled people, pensioners and people on benefits to use sports facilities in the borough at a reduced rate. Contact your local council for further information.

Congestion Charges & Blue/Orange Badge Holders

As an orange/blue badge holder you are exempt from London congestion charges. The exemption will not be automatic. You must register with Transport for London and pay a one-off administration charge of £10.

To obtain a registration pack and get in before the big rush, you need to provide the following information: your title (Ms/Mrs/Mr), first name, surname, full address and postcode, and blue/orange badge serial number.

Send this information to:
Blue Badge Congestion Charge, Dept. TR121, Freepost SWC 1539, PO Box 39, Leominster HR6 0ZZ

Or send it in an e-mail, quoting Code MR06 to:
information@ccbluebadge.com



Educating for Equality

Today education is the key route to opportunity, achievement and citizenship.

But all too often disabled children and students have found themselves faced with almost impassable barriers in the shape of inaccessible buildings, lack of support from teachers and school management and lack of study materials in alternative formats. A lot of them fight a long, hard battle and come out victorious, but still, disabled people are half as likely to go to college, and twice as likely to end up with no qualifications.

This is now on route to change. In September 2002 the Disability Discrimination Act's (DDA) part IV came into effect.

It includes the educational sector, that previously was exempt from the DDA, into the legislation, and provides legal protection for disabled children and students in all aspects of education - schools, colleges, universities, adult education, and youth services. None of these bodies may treat disabled pupils or students less favorably or put them at a "substantial disadvantage". They have to make reasonable adjustments to overcome any problems such as the ones mentioned above.

For more information call or email
The Disability Rights Commission
08457 622 633
enquiry@drc-gb.org
 or take a look at their website
www.drc-gb.org

news round up

Meet our new employees!

My name is **Suzanne Rymer** and I have the good fortune to have been employed by The Disability Foundation as Project Co-ordinator. I am 50 years old and I have to say that they have been an interesting 50 years.

My proudest achievement has been raising my two children, Ben and Hannah. Ben is now a graduate and Hannah is going into her second year studying Psychology, they have turned my hair gray, and made me smile, in equal measure. By trade I am a qualified Social Worker but I have done a variety of jobs along the way: Project Development work, Community Work, Retreat Work in a Convent, Market Research, Internal Housekeeping with a Merchant Bank, and a lot of voluntary work. Working at The Disability Foundation, with its unique and comprehensive ethos of work with disability, is a marvelous opportunity to put my skills into practice. I feel very lucky in that I can honestly say that I look forward to work every day - Thank You TDF. (SR)

My name is **Anne Dvinge**, and I am the new Disability Information Officer. I am a native to Copenhagen, Denmark, but having lost my heart to London (and one of its inhabitants) I relocated to the UK this summer.

I come to TDF with a professional background of an MA in Comparative Literature and several years of doing information and press work in the Arts Business, but equally important is my personal knowledge and experience as a person with a disability. I'm a HD

amputee with a very active lifestyle, and as a child and teenager never gave much thought to the bigger issues of having a disability. Over the years though, I have become increasingly involved with and passionate about disability issues, and I am very grateful to TDF for giving me this opportunity to make a difference and give back to the community.

I don't think I could have found a better place than TDF with its team of sincere, passionate and hard-working colleagues - volunteers, staff and therapists alike. You are my new family and I look tremendously forward to working for TDF's future with you all. (AD)

New TDF Factsheets

We are now producing our own factsheets. They will cover subjects on everything from holidays to education. A new one will be published every month.

If you are interested in receiving these as they come out please let us know. Also, if you have any good ideas for subjects, don't hesitate to contact us!

Anne Dvinge
anne@tdf.org.uk

Do you have a good pen?

Then what are you doing idling your time away?! Get straight to your desk and start composing a good piece for the next TDF Newsletter. Write about your personal experiences, about going through life with a disability, or about caring for a loved one, or even about a good holiday experience. The deadline for the next issue will be February 17th. Please contact Anne Dvinge for further information.

TDF hits 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 for the new year and will be well advertised.

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