



# THE DISABILITY FOUNDATION NEWSLETTER

The Disability Foundation is a Registered Charity Number 1076761

ISSUE NO. 4, SPRING 2003

## IN THIS ISSUE...

### CHAIRMAN'S LETTER

**APPEALS**  
Campaigns,  
appeals and how  
you can help TDF

**BODY, MIND &  
SOUL**  
New therapies and  
treatments now on  
offer. Includes our  
new Fact File review  
on Counselling

**COMMUNITY**  
A round up of  
what's new in the  
community

**BENEFITS &  
ADVICE**  
All the latest news  
on benefits and  
support services.  
This time on the  
new Tax Credits

**NEWS ROUND UP**  
The TDF AGM

## 2003 The European Year of People with Disabilities

2003 has been designated by the European Commission as the European Year of People with Disabilities.

This means that the year is dedicated to raising awareness of the rights of Disabled people and that they should have full equality and participation in all areas. It is also about tackling the barriers that people with disabilities face. All the different nations in the EU will be co-ordinating their own range of events, and there will also be some cross-national events taking place.

In the UK, the National Co-ordinating Committee has decided that the theme for the year in the UK will be: 'Promoting Rights and Participation' with sub themes: 'Raising awareness', 'Participation', and 'Advocacy and Mentoring'. Under these headings, 171 projects have received funding from the Ministry of Disabilities. A quick glance over the list of projects brings to attention: 'The Launch of the UK Disabled People's Parliament', 'Disability on Film', and '11 A-side, Multidisabled Football'.

In London, one of the main events will be a big disability festival in September in Trafalgar Square, with music and entertainment organised by the Greater London Authority in partnership with Greater London Action on Disability.

Another big event is a campaign bus, which will be travelling through Europe with the slogan - 'Get On Board'. It started in Greece in January and will travel through all of the member states during the Year, finishing its journey in Italy in December 2003. The campaign bus will be in the UK from the 2nd June to the 2nd July.

The European Year of People with Disabilities is an historic opportunity to improve the situation of disabled people throughout Europe. The disabled community have very high expectations of seeing concrete results coming out of 2003: new legislation, new initiatives and new alliances.

More information on the European Year of People with Disabilities can be found at:

[www.disability.gov.uk/euro/euro.html](http://www.disability.gov.uk/euro/euro.html)

**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

---

Yes, it's that time of year again. It is still cold outside, but the sun shines brightly through our doors. This is now our fourth newsletter - and even though we are now producing it quarterly, there always seems to be loads to tell you.

Firstly, I am sure you will be interested to know that we have over a thousand clients who are using our services.....amazing growth in so short a time! Also, we are now the proud owners of an adapted Ford van, and in time we will be able to offer transport to our less mobile clients (we have to find some volunteer drivers first, though!!).

I am in the middle of planning a high-profile Ladies' Lunch with guest speaker Wendy Lewis, who is an internationally renowned beauty and cosmetic surgery consultant and guru to the Stars. This will be in June at The Berkeley Hotel in Knightsbridge, where we are hoping to raise lots of money.

My daughter Nicky is, as we speak, in the middle of The Atlantic sailing on Tenacious. This is one of only two fully adapted tall ships in the world that allows disabled and able-bodied people to sail together as a mixed ability crew. The journey takes four weeks and there are no passengers on board! Everybody has to work, rigging, cooking, doing night and day watch, helming, climbing the masts and setting sails etc. She has asked to be sponsored in order to raise money for two charities - one of which is TDF. We have already raised £3,500 and more money is coming in every day!! More news on her return!!!

We are in the process of looking for a full time OT to allow us to maximise the use of the children's sensory room. The services on offer for children include children's counselling, baby massage, reflexology, massage and a host of other therapies...do recommend friends!!

On a personal note, our wonderful Thai Yoga masseur, Mario, has left to expand his school, which was the first Thai Yoga School in the UK. We thank him for his devotion and love over the past year and wish him well.

We all wish our wonderful Giovanna (better known as Gi) hearty congratulations. She and her boyfriend Rocco have finally decided to tie the knot and are now officially engaged. We are hoping to get an invite to the wedding in Italy!!!

As our TDF "family" grows, so does the warmth and love surrounding us. None of us think of TDF as work. We feel like our extended family and friends are coming to visit. Observing and experiencing both the emotional and physical improvement in our clients is most rewarding and reminds us why we are here: To offer true help, support and guidance in a warm, relaxing and friendly environment to each and every one of you. If your benefits are as great as our satisfaction, then we are all winners!

Keep coming - keep bringing us chocolates (even if we protest!!) and keep feeling well. Thank you for all your support



MICHELE FREEDMAN

---

# appeals

## TDF Transport Scheme Soon to Come

In January, TDF was awarded a fully adapted van and some monies to start our own transport scheme.

The aim is to be able to provide transport to those of our clients who have no means of getting to the RNOH either by public or private transport.

The transport scheme will be run with the help of voluntary drivers so, if you would like to help out, or know anybody who would be interested, please let us know or

get them to contact us on  
**0208 954 7373** or  
[info@tdf.org.uk](mailto:info@tdf.org.uk)

Hopefully the transport scheme will come into being this year.

Tdf would like to thank Mark Radford from Radford Motors who has repainted the van in TDF's colours at a very generous price.



## Local Network Fund

TDF has been awarded a grant of £2863 from the Local Network Fund. The money has paid for a new fax machine, a new copier and soon we will be getting an intercom system in the centre allowing reception to call up all the therapist rooms directly.

The Local Network Fund supports locally managed voluntary groups that aspire to make a difference to the lives of disadvantaged children.

## TDF Wish List

TDF always needs office equipment and other little bits and pieces.

This time we decided to put a little wish list in the newsletter and hope that some of our readers might have just one of these items sitting at home in a storeroom or an attic, and would be willing to donate it to us.

The items we are looking for are:

- 2 small drawer units (height max. 68 cm/27 inch)

- An office chair
- A book case
- Massage beds (electric)
- A pair of crutches

If you (or anyone you know) have any of these items sitting unused at home and would like to donate them to TDF, please call **Julia** or **Ruth** on:

**0208 954 7373**

## 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 if you are or know a warm and caring person with many talents and time on his/her 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.**

# body, mind and soul

## TDF Taster Day

TDF is pleased to report that its first Therapy Taster Day took place on Sunday 26th January between 11am-3pm.

A team of eleven therapists were on hand to give members of the public an opportunity to try a range of complementary therapies for 15 minutes at a time. Clients paid £5 for any treatment, £1 of which was donated back to the charity.

This was a perfect way to introduce therapies to people interested in having a treatment, but unsure of which one to choose. It was also a chance to meet the team at TDF and see firsthand the facilities on site.

In all, the day was a great success, resulting in several new referrals to the Centre as well as raising some proceeds for the charity. Many thanks to everyone who gave their time on the day.



## Goodbye..

Unfortunately TDF has had to say goodbye to our Thai Yoga therapist, **Mario Constantine**. We were very sorry to see him go, he has been a wonderful colleague and therapist and offered support to TDF way beyond the call of duty (keeping in mind his daring sky dive for us last autumn). We will miss him, but wish him all the very best in the future!

## ..and Hello

Luckily we have found two new Thai Yoga therapists. **Charles & Isabel**, together with **Martin**, who came to the charity just before Christmas, will be dealing with the ever increasing demand for Thai Yoga Massage. We welcome them both, and hope they will enjoy a busy and wonderful time at TDF.

### Children's therapy price list for disabled users

Please ask us for carer/NHS and able bodied rates

MASSAGE			
Aromatherapy	}	30 mins	
Remedial with Aroma Oils			
Holistic therapeutic or Remedial			
Sports/Injuries			
Baby/Infant	}	£11	
Aromatherapy Facial			
Scalp & Face			
Indian Head			
REFLEXOLOGY		30 mins	£7.50
THAI YOGA	}	30 mins	£10
SHIATSU			
OSTEOPATHY	}	45 mins	£17.50
ACCUPRESSURE			
COUNSELLING		30-50 mins	£12
CRANIOSACRAL		30-45 mins	£15
REIKI		30 mins	£7.50
CHIROPODY		30 mins	£8
MANICURE		20 mins	£4.50
SENSORY ROOM			Donation

# 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: Counselling

The therapy fact file in this issue explains Counselling.

### What is Counselling?

Counselling is a form of therapeutic listening based on ordinary human communication skills and it aims to give clients the opportunity to work towards living a more satisfying and resourceful life.

### How does it work?

When Freud invented psychoanalysis he called it 'the talking cure'. And that is actually a very good description of what happens in counselling.

The consultation usually takes the form of a conversation between the client and the therapist where the client can talk freely about any issue that might concern them. Through this method, client and therapist will together work their way to pinpointing, understanding and dealing with the problems the client may face.

A session is usually 50 minutes and while deep-rooted problems may need a weekly session for several years, short term counselling for a specific problem may only need a few weekly sessions. In a few cases one visit is all that is needed.

The initial consultation will be an opportunity to discuss whether counselling is the right form of treatment for you, and it is also a chance for you to make up your mind if this is a counsellor you can work with. This is very important and can only be decided by you. Don't feel obligated if you are not completely comfortable.

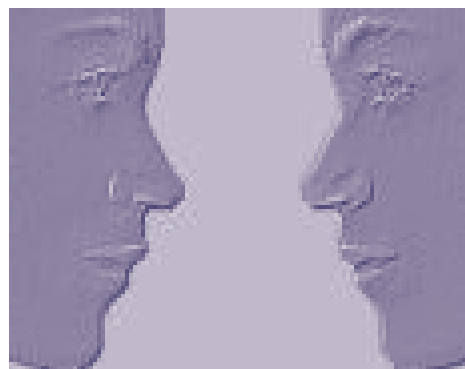
### What can it treat?

It is a myth that you need to be very ill to see a therapist. Most of us would probably benefit from one or two courses of counselling in our lives: a sort of mental spring cleaning if you like.

Counselling is suitable for a wide range of emotional conditions including:

- Major life changes such as bereavement or divorce
- Depression and anxiety
- Phobias
- Eating disorders
- Relationship problems
- Personal development
- Emotional effect of serious ill health or becoming disabled

Children and young people can also benefit greatly from counselling. TDF has a specialist children's counsellor.



# community

## Parent Partnership

If you have a child with special needs in education, one of the places to go for help and support is your local Parent Partnership.

Parent Partnerships are organisations that aim to promote partnership between parents and the Local Education Authority. They are all under the umbrella of the National Parent Partnership Network, which was set up under the aegis of the council for Disabled Children. Services were designed to provide information, advice and support for parents of children and young people with special educational needs (SEN), particularly during statutory assessment and the issuing of a statement. The SEN and Disability Act 2001 make parent partnership services a statutory requirement from January 2002.

Locally, we have **Harrow Parent Partnership Coordination (HPP)**, which is available for all Harrow parents who have a child with special education needs. They find and provide trained volunteers, can listen to your concerns and questions and direct you to the person who can answer specific questions on leisure activities, respite etc. In addition they provide a wide range of services such as:

- Providing an Independent Parental Supporter when possible.
- Explaining educational procedures.
- Supporting parents through the assessment and statementing procedures.

- Offering assistance in the preparation of parental advice for the assessment which may lead to a Statement of Special Educational Needs.

- Accompanying parents to formal meetings.

- Giving information about local and national voluntary organisations.

- Producing a termly newsletter

Parents can either get a referral to the service from a professional (for example a social worker or a teacher) or make direct contact themselves.

They can be contacted by telephone on Mondays from 10am to 2pm and during all other hours there is a 24-hour answer phone:

**020 8426 1976**

You can also write to them at:

Harrow Parent Partnership  
MS Business Centre  
22 Chapel Lane  
Pinner  
Middlesex HA5 1AZ

Or email:  
[parentpartnership.harrow@genie.co.uk](mailto:parentpartnership.harrow@genie.co.uk)



## Need a Mentor?

**Do you need support to fulfil your work ambitions? Would you benefit from a structured programme of goal setting. Would you welcome the opportunity to think through your career with a mentor?**

To mark the European Year of Disabled People, RADAR is running a year long scheme for UnumProvident to pair up young disabled people aged 15-30 with business leaders and managers from the corporate sector. The scheme will offer young disabled people insights into work opportunities that they may be unable to find in other ways.

For further details contact  
Kieran Bright of  
RADAR on  
**020 7566 0117**  
or email on  
[kieran.bright@radar.org.uk](mailto:kieran.bright@radar.org.uk)

# benefits & advice

## Did You Know....

...that from April this year, any disabled person can travel free 24 hours a day in London by bus, tube, tram or DLR on a so-called Freedom Pass. You need to be living in a London Borough, and you need to contact your local council to apply. For more information call 0207 321 2480

...about the *Disabled Living Foundation*. It is an organisation that helps people with disabilities achieve more independence in their lives. They provide excellent advice on all sorts of equipment and arrange the annual 'Independent Living Exhibition' at Wembley Park. They can be contacted on their national helpline: 0845 130 9177

## New Tax Credits

By April 2003, new tax credits will have been introduced. Instead of the Working Families Tax Credit and the Disabled Persons Tax Credit, we now have Child Tax Credit and Working Tax Credit.

### Child Tax Credit:

You can claim this if either you or your partner has dependent children and you have a low enough income. In most cases it is worth claiming, because 9 out of 10 families will be able to get it. Your child is considered dependent until the 1st September following their 16th birthday. After that you can still claim CTC for them until the age of 19 if they continue in full-time, non-advanced education.

### Working Tax Credit:

You can claim WTC if:

- You are working (or will be starting work within 7 days of claiming WTC) and on a low enough income and:
- You are a lone parent or part of a couple with dependent child(ren).
- You have a physical or mental disability which puts you at a disadvantage getting a job.



- You satisfy the rules for the New Deal 50+ element (this is paid for one year only)
- You do not fit into the above categories but are a worker who is aged 25 or over and working a minimum of 30 hours a week.

### How do I claim Tax Credits?

You claim both CTC and WTC on the same form, TC600, which is 12 pages long and has a 48 page booklet of notes accompanying it. It is important that you read the booklet before you start filling out the form to avoid making any mistakes. You can get TC600 from Jobcentre Plus offices and Inland Revenue Enquiry Centres. You can also telephone 0845 300 3900 or textphone 0845 300 3909. You can also complete the form online at: [www.taxcredits.inlandrevenue.gov.uk/home.aspx](http://www.taxcredits.inlandrevenue.gov.uk/home.aspx)

## TDF Factsheets

**Don't forget that the production of the TDF factsheets is progressing and we already have 4 factsheets published. The headings for these are:**

- Holidays
- Employment
- Motoring
- Education

**If you would like a copy of any of these sent to you, please contact our information officer Anne Dvinge on:**

**0208 954 7373  
info@tdf.org.uk.**

# news round up

## Finding a Good Pen Pal

Are you looking for a new friend? Perhaps someone with whom to share the experience of having a disability? Well how about a pen pal?

**Write Away** is a friendly and accessible penfriend club that encourages active communication between members with all types of disabilities. Parents, carers and siblings who wish to communicate with others in similar situations, as well as people without a disability who wish to write to someone with a disability, are also welcome to join. You can even write your letter in Braille or send audio and video tapes.

Write Away also publishes a quarterly newsletter. For details on how to join, contact Write Away on:  
1 Thorpe Close  
London W10 5XL

Tel. & Textphone: 020 8964 4225  
Fax: 020 8964 3532

email: [info@write-away.org](mailto:info@write-away.org)  
[www.write-away.org](http://www.write-away.org)



## 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 June 2nd. Please contact Anne Dvinge for further information.

## A story from (real) life

A young lady went to the hairdressers. She was deaf and wore hearing aids in both ears. She removed the hearing aids from both ears and placed them on the ledge in front of her, so that the hairdresser would not accidentally cut the wires. A few minutes later the hairdresser approached, bent towards the ledge and shouted very loudly AT THE HEARING AIDS "What kind of a haircut would you like?" !!!

## New Children's Section

Starting from the next TDF Newsletter we will be including a children's section. The idea is to give children a space of their own to express themselves, and make good suggestions on how we can improve our children's services. We will be very happy to receive any contributions from our young clients, such as drawings, stories etc. and for the best contribution there will even be a prize!

## TDF AGM

The Disability Foundation would like to invite its members and all interested parties to its 5th AGM

It will be taking place on the 12th of May, at 11am-1pm in the Main Hall of the Louis Fleischman Building at RNOH (right next to the centre)

For more information please contact us on  
0208 954 7373  
or [info@tdf.org.uk](mailto:info@tdf.org.uk)

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

**Tel: 020 8954 7373**  
**Fax: 020 8954 7414**  
**Minicom: 020 8954 7413**

[www.tdf.org.uk](http://www.tdf.org.uk)  
[info@tdf.org.uk](mailto:info@tdf.org.uk)