



# THE DISABILITY FOUNDATION NEWSLETTER

The Disability Foundation is a Registered Charity Number 1076761

ISSUE NO. 8, SUMMER 2004

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## Going the extra mile

Many of our clients and therapists are very good at supporting TDF whenever we have a drive for money, but a few of them go that extra mile.

Raising money for charity can be done in a number of different ways. You can apply for funding and grants from charitable and statutory bodies (for which the monitoring stats we collect are very important – read more about this inside the newsletter); you can hold events and raffles or secure new patrons. However, an increasingly popular way for individuals to support their favourite charity is to participate in sporting events and collect sponsors. What better way? You get to have a fun day out and support a cause you care about.

In the next few months both staff and clients will be doing just that. On June 28th one of our therapists, **Martine Benlolo**, will be 'going that extra mile', but in a lateral sense, as she will be doing a sky dive for TDF!

She has to raise funds from sponsors to do the jump and if you wish to support her brave and generous act there is a sponsorship form at the front desk in reception.

The next event to take place is the Flora Light Womens Challenge. This

event is a 3 mile run/walk for women only in Hyde Park in September. Like last year, admin staff and therapists will be lacing up those trainers and having a fun morning out, but this year they will also be joined by our client **Jane Phooko**. Jane will be doing the 3 miles in her wheelchair with a friend and all the money she raises will be going to The Disability Foundation. We are proud and pleased that Jane is making this effort for us and know that with her around there won't be a dull moment. Look out for the sponsorship forms at Reception.

Unfortunately it is too late for anyone else to join the Flora Light Womens Challenge, but as Michele says in her mention on page 3, please, please come along and cheer the team at the finishing line!



# chairman's letter

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Thank goodness winter has finally bid us farewell. The best thing about our offices is that when we open our blinds, we can look across the fields and the sun can stream in.

Yet another busy season has come and gone. We are very sad to lose Anne Dvinge (Disability Information Officer) and Nicki Davies (Project Co-ordinator) both of whom have been offered opportunities that they could not refuse. Anne is returning to Denmark as she has been offered a scholarship to do a PhD in Jazz and American Literature. After two years with the team, she is going to be sadly missed!!! This is also the last Newsletter that Anne will be compiling so let's hope that the future ones will be as interesting. Thank you both for all your hard work and dedication...it will be hard to replace you.

We now have a new craniosacral therapist, Beverly Katz; Alison Murtough and David Godfrey are two of our new aromatherapists – we always love new faces around the centre, and are pleased that they are quickly becoming popular members of our team. We would also like to welcome Janine Clinton Smith and Anne Walker to our "relief" therapy team. One day, we hope the centre will be large enough to house them all permanently.

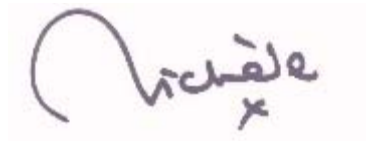
As mentioned on page 3 Bank of Scotland has kindly donated TDF a very generous sum towards our new website and we would also like to thank the Lazard Charitable Trust for a donation of £1000 for our computer appeal.

Do read my report of Gi's wedding in Bergamo ON PAGE 6. I am sure many of you would have loved to be there with us!!!!

Our AGM went very well and we thank those of our members who were able to attend and hope that we see many more of you next time!

Wishing you all a sunny and healthy summer and look forward, as usual, to your visits!

With love



Nichole  
x

# appeals

## TDF receives grant for new website

Bank of Scotland has donated £5.000 to The Disability Foundation to pay towards our new website.

We are currently in the process of designing the site, which will provide a number of services and resources for our clients and members of the public. We will have in depth information on all the therapies offered, factsheets and newsletters for download, a children's section, current news and

much more.

We aim for this site to be a virtual version of our 'one-stop shop' at the centre – embracing the same holistic approach and respect for the whole individual and providing a place for the community to find and exchange information.

The Disability Foundation is pleased and grateful for the generous donation.

## Outdoor fun

On 5th September TDF's sporty spicers are gathering yet again to run, walk, wander or just amble along the 3 mile stretch in Hyde Park to raise funds for the charity. This year we have 12 participants - including a secret supporter, who will be taking part in a wheelchair. We hope to have many sponsors supporting us and also would welcome people to celebrate with afterwards. How about a picnic in

the park??? Any suggestions?? Please contact Michele.

Martine, our wonderful new massage therapist is taking part in a parachute jump at the end of June. The proceeds of this jump are all coming to TDF. She is very brave – I wouldn't do it for all the tea in China!!! Please do sponsor her or come along and cheer her on.

## Theatre nights coming and gone

The success of our theatre nights at The New End Theatre in Hampstead continues.

Coming up on June 29th is the play **My Mothers Soup**. A sell-out success at last year's Edinburgh Festival, the hero of the play prepares chicken soup in memory of his late mother and embarks on a journey through his past and his painful relationship with his deceased mother. By the end of the show, the soup is ready and the audience have the opportunity to

taste it and meet the performer. Tickets are still available, but hurry, this is sure to be another sell out evening. Call Ruth or Michele for details.

On March 30th **Alice Virginia** was viewed by a full theatre. A powerful play about a mother-daughter relationship. It was 'strong stuff' and the delicious food served afterwards gave all an opportunity to digest the play. Everyone seemed to enjoy the evening.

## AGM

**On Monday 24th April The Disability Foundation held its AGM.**

**The AGM was very successful with a gripping talk by our guest speaker Swasie Turner.**

**After the business of the day and the talk everybody enjoyed the delicious sandwiches and danish as well as the taster therapies on offer.**

**Enclosed with this newsletter you will find the Annual Report as well as the draft minutes.**

**TDF wishes to thank all members present as well as the therapists who gave their time.**

# body, mind and soul

## Factfile: Reiki

### What is Reiki?

The word 'Reiki' is Japanese for 'life force energy'. This is said to flow through every living thing. It is this energy that sustains life. As well as flowing through us the energy is all around us. When we are healthy, positive, and well, this energy flows freely. However, during particularly stressful periods in our lives, the tension we experience slows down or restricts the energy flow in various part of the body, adversely affecting our well being.

The healing part of Reiki can help restore health and harmony through an energising hands-on treatment, which allows energy to flow freely around the body. Treatments are very relaxing. As well as relieving tension, it is not unusual to experience a powerful, deep sense of well being.

During a treatment, the receiver remains clothed, only removing their shoes and jewellery. The practitioner gently places his or her hands in certain areas on the body and moves them according to the flow of Reiki.

### What can Reiki treat?

Reiki can be used to treat a wide range of complaints and it is also very effective as a preventive measure. It may safely be used in combination with other holistic therapies and with conventional medicine. A full consultation with your therapists will make sure that your treatment is safe for you. Just some of the many things that Reiki can help are:

- Stress, depression, fatigue
- Asthma
- Headaches, migraines
- Back, neck, shoulder and joint pains
- Emotional worries, anger, fear
- Discomforts of pregnancy – totally safe and very good for baby!
- Can clear the mind and help focus thoughts
- Can accelerate spiritual development
- Boosts the immune system
- Encourages the body's own natural healing processes
- Helps to restore and maintain health and harmony
- Vitality can be increased

### After your treatment.

Any holistic treatment may occasionally result in a clearing and cleansing process that might be slightly uncomfortable. Reiki is safe and gentle, but can also be very powerful. You may or may not experience some of the following symptoms:

- Headaches
- More frequent need to urinate
- Thirst
- Emotional swings
- Dreams or memories
- Flu-like symptoms

*(continued on p. 5 - bottom)*

## REIKI COURSE AT TDF

Our wonderful Reiki therapist, Rebecca Lowrie, is now offering a Reiki Level II 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, and you have been through Reiki Level I, Reiki Level II may be for you.

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



# body, mind and soul

## Get your '5-a-day'

Summer is here and what better time to eat healthy and stay fit.

From our very own in-house chef (and Chief Exec), Frank Bordoni, we bring you a couple of recipes for delicious smoothies:

### Banana Surrender:

2 ripe bananas

1 ripe mango

1 tub (450g)

Rachel's Organic Greek Style

yoghurt with honey

1 tablespoon of runny honey

Blend with crushed ice (optional)

### Wheatgerm

Express:

2 oranges juiced

1 banana

1/2 lime juiced

2 large tablespoons of wheatgerm

6 oz (approx 1/2 tub) Rachel's Very

Low Fat Live yoghurt

1/2 pint of skimmed milk

**ENJOY!**

## New ME treatments centres

People with chronic fatigue syndrome, or ME, will get better support with the creation of 12 new centres in England.

Funded by an £8.5m cash injection announced last year, the centres and new local support teams will help to end the 'postcode lottery' of care in the NHS.

The centres will be led by specialists in chronic fatigue syndrome, and will improve patient care by:

- Providing access to specialist assessment, diagnosis and advice on treating the condition
- Developing education and training resources for health professionals to improve staff skills and knowledge
- Supporting clinical research into the causes and treatment of the condition.

The 28 local support teams will be spread across the country and will provide help for those adjusting to and coping with ME.

Health Minister Stephen Ladyman said that chronic fatigue syndrome/ME is a debilitating and distressing condition that affects people of all ages.

**"As the causes are still not fully understood, it is also a condition that poses a challenge to medicine and the NHS. These new centres and local teams mean that we can start developing focused, local services that will make a real difference to people's lives."**

He also said that the education and training provided by the centres will be invaluable in providing health professionals with the information they need to help their patients.

The 12 centres will be based in Newcastle, Leeds, Liverpool, Manchester, Sheffield, Birmingham/West Midlands, East Midlands, East Anglia, North London (St Bartholomew's), Surrey (Sutton), Bath/Bristol and Cornwall/Devon.

From [www.number-10.gov.uk](http://www.number-10.gov.uk)

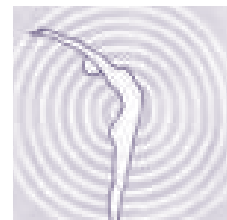
### ***Reiki - continued from p. 4***

The reason for this is that the root cause(s) of the ailment or disease is being addressed and deep healing is occurring. Don't worry if you don't feel any of these things...whatever happens to you is fine.

It is important after a Reiki treatment to listen to your own needs. You may need to rest or take some

time for yourself. Make sure you drink plenty of water. This will help with any detoxification that may occur. Reiki is totally safe and natural and will never cause any harm.

Enjoy the journey!



# community

## Monitoring and evaluating - Why bother?

by Nicki Davies

Some of you may be justifiably wondering why there has been a questionnaire in each of the last 2 newsletters. Allow me to explain. Two fundamental parts of charity work are monitoring and evaluating. Monitoring is the gathering of statistics, in TDF's case month by month, while evaluating is assessing the services we operate; ensuring clients are satisfied with them.

Reasons for doing both of these things are twofold. The first is that it is essential for us to know how the charity is performing. Since the charity first began, monitoring records have been kept, so that we can now look back and see exactly how much we have grown using accurate data. Alongside this, evaluating what TDF does is necessary to ensure that our services are well received and that people who use them are fully happy with them.

The second reason is for fundrais-

ing purposes. Imagine you are a funder who has a pot of money to give away. Whilst this money is limited, applications for it come pouring in from a multitude of different charities, each one just as worthy as the next. It is the monitoring statistics and the evaluation reports that can make all the difference. A funder can see how much the charity has grown, and alongside this, how satisfied clients are with the services, when we are able to quote statistics such as "66% of clients said they thought the overall service was excellent", or "99% of clients said they thought their treatment was value for money".

These questionnaires are therefore very important. They are not the only way to evaluate but perhaps the most straight forward and effective. Filling them in makes a huge difference, so please take the time to fill yours in and send it back.

### GIOVANNA'S WEDDING

Well, after months and months of planning, preparation and discussion, June has arrived. Since the day Gi told us that she and Rocco were getting married (finally!!), we have driven her mad. Firstly, we all invited ourselves to the wedding. That was BEFORE we realised it would be in Italy. However, plane tickets purchased and hotel rooms booked, we are all ready to share her big day in Bergamo. At the time of writing this article, we have 23 days to go and the buzz around the office is all centred on which restaurant we will be having lunch in, what time we are meeting for breakfast and what on earth to wear. Six of us are going to Bergamo in Northern Italy, between Lake Como and Lake Garda: Rebecca, Julia, Ruth, Frank, Mark and myself are planning and plotting. I will write in full detail in the following newsletter!!! so don't forget to read it!!

### Checkers Transport

**Enclosed in this month's newsletter you will find a brochure from the accessible cab company 'Chequers Transport'**

**Often, getting from A to B can be one of the biggest problems facing people with disabilities.**

**Chequers has a fleet of 'regular' minicabs, but they also have a fleet of completely accessible vehicles. All their drivers have experience in assisting people with disabilities and in wheelchairs**

**A wheelchair accessible van costs £30 for the first 5 miles. Regular customers can set up accounts and receive discounts.**

# benefits & advice

## TDF Factsheets

**Don't forget that TDF creates and publishes factsheets on some of the most common subjects the information service receives enquiries on.**

**We have now published 6 factsheets on the following subjects:**

- \*Disabled Facilities Grant**
- \*Education**
- \*Employment**
- \*Equipment for Hire**
- \*Holidays**
- \*Motoring**

**If you would like to have any of these factsheets sent to you, please contact the Disability Information Officer on 0208 954 7373 or [info@tdf.org.uk](mailto:info@tdf.org.uk)**

## Health benefits

by Neil Parker

Although the NHS generally provides free health care, there are fixed charges for some items and services.

However, you are exempt from these charges if you are in a prescribed category:

- You, or a member of your family, are receiving Income Support or Income Based – Jobseekers Allowance or the Guarantee Credit part of Pension Credit
- You or your partner are receiving Child Tax Credit or CTC and Working Tax Credit or WTC including the disability element and your gross income is below £14,200 per year
- You are living in a local authority funded care home
- You are a hospital in-patient
- You are an asylum seeker being supported by NASS
- Some war disablement pensioners
- Some 16/17 year olds being financially supported by a local authority after being in local authority care.

Alternatively, you may qualify for full or partial help under the low-income scheme – you can claim on

form HC1.

What items / services count?

Prescriptions, dental treatment and dentures, sight tests and vouchers for glasses or contact lenses, free milk and vitamins, wigs and fabric supports and fares to hospital.

In addition to the exempt categories you may also get help because of your age, disability or other specified circumstances:

E.g. you are 60 + for free prescriptions or sight tests or under 16 (18 for dental treatment) (or 19 if in full time education) in respect of free prescriptions, dental treatment and sight tests.

Additionally, you can get free sight tests if you are registered blind or partially sighted or diagnosed with diabetes or glaucoma. Expectant mothers or those with children under 5 on IS or IB-JSA or those with disabled children under 16 who cannot attend school may receive free milk and vitamins.

Health care equipment may also be available from health authorities, hospitals and GPs either free or on prescription and daily needs can be met by social services but there may be a charge.

For more information as to what help might be available or how to claim, please seek advice. Alternatively, contact your local health authority or speak to your optician or dentist about help with their charges.



# news round up

## Goodbye...

In May TDF had to say goodbye to your Project Co-ordinator, Nicki Davies. Nicki decided to go back to working with a youth organisation as a Community Liaison Officer. We thank Nicki for her focused effort here at TDF (and for inspiring us all to 'resist the chocolate'), and wish her the best of luck in her new position.

At the end of June yours truly will also be leaving TDF. I have been offered a PhD Scholarship back in my native Copenhagen, and as much as I love my work here at the centre, it is not an opportunity I can pass up.

Let me steal a few inches of column here to express my sincere gratitude for the warm support from colleagues and clients alike, the challenges and inspiration I have met on the way, the laughs, the chocolate, more laughs and more chocolate, and most of all: for a short while to be part of a place so full of love.

I will miss you all.

Anne Dvinge  
Disability Information Co-ordinator



## ...and Hello

I'm Andreea and I'm the new Junior Receptionist here at TDF. Before joining TDF I previously worked as a Secretary at a language school in Gibraltar and as a P.A. for a petrol company in Cluj in Romania.

I was born in Bucharest (Romania) and I have always liked learning languages. Nowadays, I speak Romanian, English and Spanish fluently and I also have some knowledge of

French.

This is my second experience in England as I was living in Coventry as an au-pair. I liked it and that is why I wanted to come back to England, this time for a long time, maybe for good.

I have been working at TDF for some weeks and I would like to thank all my colleagues at TDF for their help and support.

**TFD wishes to thank the contributors in this issue:**

**Nicki Davies  
Michele Freedman  
Andreea M  
Neil Parker**

**Layout, editing and all other articles by Anne Dvinge**

**Contributions for the next Newsletter are welcome. The deadline for the next issue will be August 6th. Please contact Anne Dvinge or Michele Freedman ahead of this date if you wish to contribute.**

### Disclaimer:

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

### Newsletter by email

We have once before encouraged our readers to sign up for the newsletter by email, as it would help us reduce our printing and mailing costs. We did get some response, but alas: as we made the transfer from peer-to-peer network to client server, the mailing group was lost.

So, we urge anyone who would wish to take advantage of this service to email: [info@tdf.org.uk](mailto:info@tdf.org.uk)

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