



THE DISABILITY FOUNDATION NEWSLETTER

The Disability Foundation is a Registered Charity Number 1076761

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IN THIS ISSUE...

CHAIRMAN'S LETTER

APPEALS
Campaigns,
appeals and how
you can help TDF

**BODY, MIND &
SOUL**
Therapies and
treatments at TDF.
Fact File review on
Reflexology

COMMUNITY
A focus on the
Whizz-Kidz charity

**BENEFITS &
ADVICE**
All the latest news
on benefits,
support services
and advice

NEWS ROUND UP
New Staff at TDF -
Skydiving for TDF
and TDF's Olympic
Team masseur

New Play Specialist comes to TDF!

Jay is our special new team member! She is a children's Yoga Therapist and Play Specialist and is at TDF on Wednesday mornings.

Play specialists use play to work with children who are chronically ill or in hospital from the ages of 0 to 18 years old. They work on the emotional, physical and intellectual levels of the children. Often their role is to inform the child and family of the procedures the child will receive in hospital. Using play techniques, a play specialist puts kids at ease so they are well informed of what will happen before, during and after the

procedure and why it is necessary. When done effectively, the kids are compliant and calm so the procedures become safer and more efficient.

Jays' role at TDF will be to offer yoga for children with special needs and play specialist sessions for kids with chronic illnesses and disabilities, especially kids in hospitals who do not have access to a play specialist. If you have a child who may be interested in working with Jay, please contact us on 0208 954 7373 for further information and / or to arrange for the child to come here for a session with her.

Become a Play Specialist

Jay loves her work with children, and was led to become a play specialist after having experienced an unpleasant hospital stay in her childhood. She spent 2 weeks in a ward for the elderly with no visitors or opportunity to play. Luckily, this situation now rarely occurs!

If you are interested in becoming a play specialist, there is a college

in Stanmore teaching it (Elm Park College) in a one-year course.

The course focuses on understanding kids' psyches, the normal development of children and how separation from normality (being in hospital or care) can arrest that development. The psychologists Bowlby and the Robertsons are focused on in the course.

To find out more about Play Specialism or becoming a play specialist visit
<http://www.nahps.org.uk/>

chairman's letter

Summer has passed us by without even leaving a trace of sunshine to remember!!! Have you ever spent a summer having to change your clothes a hundred times a day and STILL being caught out in the pouring rain in a t-shirt and sandals? Let's hope that winter is a little kinder to us!

We are thrilled to welcome James O'Shea, our Disability Information Co-ordinator and Lisa Mendoza who is our Project Co-ordinator, to TDF's already wonderful team. We wish them both luck !! New therapists to join us: Boaz Gilboa is an additional osteopath who trained under Mark, and I know he will be a great addition to the team. Jay is our Play Therapist who also teaches Children's Yoga. We are delighted to have them both with us!!!

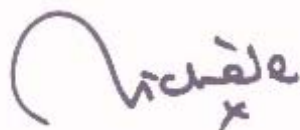
I can now fill you in on the details of Giovanna's wedding. It is hard to put into words how wonderful the whole four days were. The TDF group who gate crashed the wedding party experienced first hand how the Italians do it. Bergamo is the most surprising city with the Old Town high in the hills overlooking the new. The fit ones amongst us (guess who!) got up early in the morning and walked two miles uphill into the old city before the day even started. After checking out the shops and restaurants (of course!!), we got all dolled up and set off for Giovanna's Mother's beautiful house where it is traditional to start wedding procedures. Tasty food and drinks awaited us and we were introduced to all of her family and friends and then sped off to the chapel. You should have seen how Gi looked!!! She was magnificent in her white dress; all made up like a princess. The wedding ceremony took place in the tiny private chapel of a manor house set in acres of fields with stunning views. After they exchanged their vows, Giovanna and Rocco welcomed us all to an evening of delicious food, drinks galore and I have not even mentioned the dessert buffet! Oh my G-d! I have never seen anything like it: from tiramisu to torta di nonna, ice cream to profiteroles, the choice was impossible so we piled our plates high and ate it all! Luckily we worked off some of the calories dancing the night away.....It certainly was a weekend to remember. Can't wait for the next one!!!!!!!

And talking of the next one, more marvellous news to share with you all!!!! Our fabulous Julia has announced her engagement to her long-suffering boyfriend Jamie. After 12 years together, she finally agreed to say "yes". We all celebrated with the happy couple at their engagement party in June and now eagerly await a date for the wedding (and hopefully an invitation too!!). We wish them lots of luck and every happiness together!!

Looking forward to a colourful and healthy autumn, and to seeing you soon at TDF.

With love

MICHELE FREEDMAN

A handwritten signature in black ink that reads "Michele" with a small "x" below it. The signature is written in a cursive, flowing style.

appeals

Fun running!

The Flora Light Womens Challenge that TDF entered in 2003 was unfortunately too full to accept our group application to run again this year.

TDF are disappointed to have missed out, especially as it is a good fund raising activity for the charity. In order to make up for this shortfall, we will plan other activities and announce them in this section in a later edition.

We will also re-enter the Flora Light womens challenge again next year and hope to be more successful!

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, Burton-on-Trent, DE14 1BR

'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



Chairman's last word

Finally, I am pleased to announce that we have a number of great fundraising ideas coming up, one of which will be a Ladies' Lunch in November, we will be charging very high prices to a small group of women who wish to enhance their looks using the professional advice of a make-up artist to the stars. Hope to be able to impart some hot tips in the next issue!!! I could use a few ideas myself!!!!

Chair Appeal

TDF are in need of an office chair in good condition. If you can donate a chair to the cause, please call TDF on 0208 954 7373

TONER DONOR

TDF have joined SCOPE for their inkjet and laser cartridge recycling campaign. They will now be making 25% more profit on 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
CALL TODAY!**

body, mind and soul

Fact File: Reflexology

Reflexology is the appliance of gentle pressure to reflex points located in parts of the feet and hands. These points relate to the internal organs, glands and the structures of the body. When you have a reflexology treatment your body's natural ability to heal is enthused and good health is encouraged.

Beneficial effects of reflexology:

- Enables the body to heal itself
- Adjusts emotional imbalances
- Slows down and deepens the breathing
- Encourages mucus expulsion
- Deepens sleep, reduces insomnia
- Eases aches and pains by relaxing musculature
- Encourages deep relaxation
- Prevents illness from occurring
- Encourages healthy blood circulation
- Relieves indigestion and other digestive conditions
- Improves the mobility of joints
- Natural balance of activity through the body is encouraged
- Balances hormones, helping PMT and the menopause
- Lasting improvements to the condition and tone of the skin
- Impurities and toxins are cleansed out the body
- Stimulates mental function and helps concentration
- Seeks out the cause of an illness
- Naturally helps urinary conditions such as cystitis
- Overall harmony eases stress and tension
- Will promote balanced blood pressure

Due to these benefits, reflexology can give you more confidence and create an incredible feeling of well-being in you.

Reflexology for balancing the body!

Through the years, the use of reflexology has been demonstrated by research and in practice to be extremely useful for balancing imbalances in the body. Every organism, organisation and body that is well balanced is a healthy and efficient one. Well-balanced bodies heal themselves, use energy efficiently and therefore are very successful. For reflexology to be effective, we assess how a disease was manifested and then encourage the body to rebalance itself. For example, If you ever had a headache in the past, it could have been a physical symp-



Stephanie is TDF's principle reflexologist.

To make an appointment, please give us a ring on 0208 954 7373.

According to Chinese philosophy, the emotions play a very important part in the maintenance of health and the prevention of illness.

If the emotions are unbalanced, over a period of time the physical body will degenerate accordingly.

If an individual doesn't get the healthy natural deep sleep that the body needs, the individual's functions are affected.

Whilst sleeping, your parasympathetic nervous system creates the conditions required for the body's own healing mechanisms to come into play and repair the body, providing us with rest, repose and restoration.

Reflexology gives us a holistic approach that allows our physical, mental, emotional and spiritual sides to be brought into harmony and health.

body, mind and soul

Spiritual Healing centre in Stanmore

Did you know that Spiritual Healing by donation is available on Wednesday's 7pm - 9.30pm at Glebe Hall, Glebe Road, Stanmore (the scout hut behind Sainsburys)

Contact: Mrs B Peace Tel: 020 8428 3003. Healing is also available on Thursday's 2pm - 4.45pm at Pinner Village Hall, The Lounge, Chapel Lane, Pinner. Contact: Mr S M Sharpe Tel: 020 8866 9332

All are welcome and it is staffed by members of the National Federation of Spiritual Healers (NFSH).

The NFSH, founded in 1954 is the principle organisation for spiritual healing in the United Kingdom.

To find out more, please go along or look at the website www.nfsh.org.uk

Fact File: Reflexology

In reflexology, the body is divided into 10 longitudinal zones. Drawing an imaginary line through the centre of the body, creates 5 zones to the right of the midline and 5 to the left. The zones run the length of the body from the toes to the head. The right side of the body is represented in the right foot (and hand) and the left foot (and hand) represents the left of your body. The life force energy (Chi or Qi in Chinese philosophy) links all the zones together.

Visual examination of the feet or hands supplies lots of information. The feet have many stories to tell. A 'perfect' pair of feet are pinkish and feel pleasantly warm, supple and are deeply relaxed. Now, it's the location of things on people's feet that indicates the health of the persons body. The site of an irregularity will suggest where the energy flow needs to be healed.

Asthmatics often have hard skin or small lumps over the lung reflex area. Irritable-bowel syndrome is often shown in the feet as lack of tone over the colon area. People who have bunions often endure neck problems. Exhaustion and tiredness often display themselves as whiter feet, while anger and frustrations often display themselves as red feet. When your body lets go of the past and makes the changes to become the person you want to be now, the skin of your feet will peel off and bring to light new feet to support the new you.



Therapy	Duration	Category		
		DISABLED	CARER/NHS	ABLED
MASSAGE				
Aromatherapy	1 hour	£19.50	£25	£34
Remedial with Aroma Oils	30 mins	£13	£14.50	£21
Holistic therapeutic or Remedial	15 mins	£5	£5	£5
Sports	Up to 45 mins	£16	£18	£20
Sports Injury Consultation	30 mins	£11	£12	£13
Aromatherapy Facial				
Scalp and Face	30 mins	£13	£14.50	£21
Indian Head				
THAI YOGA MASSAGE SHIATSU				
YOGA: ONE TO ONE	1 hour	£22	£25	£32
CRANIO-SACRAL THERAPY				
SHIATSU				
REFLEXOLOGY	1 hour	£17	£22	£30
OSTEOPATHY				
ACUPUNCTURE	45 mins	£19.50	£25	£32
HYPNOTHERAPY	1 hour	£13	£18	£28
COUNSELLING	50 mins	£20	£25	£30
REIKI	1 hour	£17.50	£23	£30
CHIROPODY	30 mins	£9	£13	£18

community

Fact File: Whizz-Kidz

Independent mobility enables disabled children to experience the everyday things that many able-bodied children take for granted. Whether it's going to a mainstream school, joining in at sport or being able to play with friends and family, independence and freedom can literally change a disabled child's life.

Whizz-Kidz is a charity that offers equipment, training, information and advice to enable young people with limited mobility to become independently mobile.

Whizz-Kidz have a great website www.whizz-kidz.org.uk. On the site you can access loads of information to help you create the perfect solution to your mobility issues.

Whizz-Kidz also works to raise awareness of the needs of disabled children so that they get the support they deserve from the general public and from the

Government.

Their website has recently added Kidz Zone, a safe forum set up and run by young disabled people for young disabled people.

You access the forum from www.whizz-kidz.org.uk. The forum is a way for users to chat and share opinions. It is also a way to spread information and opinions on various activities taking place in the areas where the users of the forum live.

Joanne Evans, one of the 13 young disabled people who helped develop the site, said:

"Young disabled people can find it a real challenge to get out and about, especially when transport is inaccessible. This site provides a great way for us to meet without having to leave home"

Kidz Zone

We went online to Kidz Zone and we are very impressed. It looks like a good layout, it's user friendly and the info is well divided into 6 sections.

The sections are: News Zone (read about other people's news and activities and post your own); Your stars (horoscopes); In the hot seat (interviews); You decide (opinion polls); Have your say (contribute to a debate); Over 2 you (You can post your reviews, letters, poems and stories or read other people's.)

Whizz-Kidz has also just launched a standardised wheelchair skills training package. The first of its kind, this ready-to-use pack is now available to purchase and will help groups around the UK to give young wheelchair users the skills they need to live their lives safely and to the full.

You can find out more about Whizz-Kidz from their website or by calling them on 0207 233 6600 (switchboard) or 0207 233 9696 (events hot-line)

Disabled Water Skiing

The Tony Edge National Centre at Heron Lake (Junction 13 M25 by Heathrow) is fully equipped to teach water-skiing to a wide range of abilities.

All the equipment is on site, and only 2 beginner days (training) are required before you can join and use the facilities anytime.

If you want to have some fun in the water, phone 01784 783664 or e-mail southern@bdwsa.org.uk

benefits & advice

Windows Into The Soul

Brenda Jenner is exhibiting her paintings and giving a talk about how art can help people heal depression through expression.

The venue is St Edmund the King church Hall, Pinner road, Northwood Hills. It is on the 20th of October starting at 7.30 pm

You can turn up on the night, but if you are unable to attend, have a look at Brenda's art on www.art-corner.co.uk

To talk to her about her experience of coping with depression and healing it through art you can call her on 07958 309 640

Claiming Benefits

There are new rules for claiming benefits if coming from abroad

As from 1st May 2004, if you claim Income Support, Income Based - Jobseekers Allowance, Pension Credit, Housing or Council Tax Benefit, you will be subject to what is now a two-step habitual residence test.

Step 1: The first step is called the right to reside test. It applies to those who have arrived in the UK in the last 2 years. It means claimants will have to show they have the right to reside in the UK or Common Travel Area (CTA) - this includes Ireland, Isle of Man and the Channel Islands. The three main categories of claimant who will have a right to reside are:

- o UK nationals or nationals of the CTA
- o Some nationals of EEA countries - mainly workers and those who are economically self reliant
- o Some non-UK or non-EEA nationals - e.g. refugees and those granted leave eg indefinite leave to remain.

Those who do not have the right to reside cannot claim these benefits!



People from abroad

This includes work seekers from EEA countries who are not economically self-reliant.

Step 2: The second step is the habitual reside test. This test has not been changed by the new rules. The essence of this step is that a claimant needs to show s/he 'habitually' resides in Britain by having both an intention to settle here and by having actually resided here for what is called an 'appreciable period'.

How long this period is depends on the individual claimants and his/her circumstances, but it can vary from one month in very clear cases of settled intention to up to three months plus in others.

If you are a claimant who has failed this test, seek advice on whether you can challenge it and/or whether you need to make a new claim.

* * *

Whether you can or cannot claim any of the above benefits, seek advice on what other benefits may be available e.g. Child Benefit, Child and Working Tax Credit, Disability benefits and if you have paid sufficient national insurance contributions, contribution based benefits.

This article was kindly written for TDF by Neil Parker, Neil is the Welfare Benefits Adviser for Harrow Citizens Advice Bureau.

news round up

NEW STAFF MEMBERS @ TDF!

As well as Jay, our play specialist, TDF had another 2 therapists start in July! David is an experienced massage therapist, who taught a number of our practitioners. Boaz is another TDF Osteopath to help us meet the demand for osteopathy. We also have 2 new faces in the office. James O'Shea is the new Disability Information Co-ordinator, so if you have any questions or want advice on a disability related issue, please give him a call. Lisa Mendoza is the new Project Co-ordinator and will be working to raise awareness and to bring funds to TDF.

Sky dive impact on TDF!

Many thanks to Martine who jumped out of a plane with 2 of her friends and raised £640 for TDF!

As a TDF massage therapist, Martine insisted that we spent the money on couch covers. So the next time you are laying face down getting a relaxing massage at our centre, think of Martine who was face down speeding towards the ground at 34 Meters per second per second in order to pay for the couch cover!

Olympic Team!

TDF's sports massage therapist, Pedros, has been away for the past few weeks at the Olympics with the UK Athletics Team!

We hope to bring you his story in the next edition of the newsletter.

So watch this space!

Scuba Diving

Scuba dive for free with the Latymer sub aqua club for people with disabilities.

The club are having a Club BBQ and beginners try dive on Saturday 25th of September in Hammersmith. It is at Latymer school, River court road. They also have regular dives for free at the school.

The Try Dives start at 12:30 pm and the BBQ starts at 1pm. Scuba is open to all but please book in advance. Tickets for the BBQ are £8 per person and go towards the running costs of the club. To find out about the club or to book your dive, please contact Pamela Rutt on 01923 770 759 or e-mail her at pam.rutt@btinternet.com



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!

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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