



# THE DISABILITY FOUNDATION NEWSLETTER

The Disability Foundation is a Registered Charity Number 1076761

ISSUE NO. 10, WINTER 2004

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### Disclaimer:

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

## Seasons Greetings & Happy Holidays

We would like to wish all our members, friends and supporters a very Merry Christmas, Seasons Greetings and a happy healthy 2005.



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# TDF Update & Appeals

## Season's greetings to you all!!!


It's Christmas/ Chanukah /Diwali already!!! ... unbelievable isn't it??? and nearly 2005!!!

This year, we have decided not to send out annual greeting cards in order to keep our charitable costs to a minimum. I am sure you will agree that this is important.

I am absolutely delighted to report that Robin Gibbons is joining the Board of Trustees, which was announced at our AGM (further details on right). Robin has been a client and firm supporter of the charity for a couple of years now and his expertise, integrity and vast knowledge in many areas will be greatly beneficial to the Committee and ultimately the charity.

We held a very successful Ladies' Lunch on 29th November with make-up artist to the stars "Valentine Alexander" as our guest speaker. She has worked with Sigourney Weaver, Helmut Newton, Gerard Depardieu and Juliette Binoche to name but a few celebrities, so her tips and demonstrations on how to apply make-up with confidence was extremely beneficial to all who attended - hope you see the difference in all our office staff when you see them next!!

All in all we have had a very busy and interesting 2004 and we look forward to the fun and games in 2005. Wishing you all well and, as always, looking forward to welcoming you and your smiling faces in the centre again very soon. With love.



## AGM

On Wednesday November 17th, The Disability Foundation held its AGM for 2003 - 2004.

The AGM was very successful with two fact filled talks from Darren Kail (Olympic Judo athlete) and Nick Tjaardstra (from PHSP-access project - disability guides).

The business of the day included the welcoming of Robin Gibbons as a new member of the Board of Trustees. The talks and delicious food swiftly followed. There was also an opportunity to try TDF therapies with a small team of therapists on hand to give their expert advice. Enclosed with this newsletter you will find the Annual Report as well as the draft minutes.

Once again TDF wishes to thank all TDF members who attended as well as the therapists who so kindly gave their time.

## **TDF Christmas closing**

The Disability Foundation will be closed over the Festive Season from Friday 24th December 2004 until Monday 3rd January 2005. Our last day for therapy bookings will be Thursday December 23rd.

## **TDF Van for Sale!**

The TDF Van - a 1990 Ford Escort Chairman - carries one wheelchair plus one fixed front passenger seat or 2 rear seats for the able bodied. Please call Ruth for information

**TDF re-opens for business as usual on Tuesday 4th January 2005**

# Benefits Advice

## Warm Front Grant

**If you are disabled and in receipt of some form of benefit you may be entitled to a 100% Government Grant for heating and insulation improvements.**

Eaga Partnership manage the Warm Front Grant to tackle a widespread health and social problem. Funded by the Government, the Warm Front Grant provide up to £2500 to make your home warmer and more energy-efficient. If you are entitled to a grant, you will receive a package of insulation and heating tailored to meet your needs.

Living in a cold, damp drafty home can damage your health and quality of life. In England over 4 million households live in 'fuel poverty'. This is mainly because people are on low incomes and don't use energy efficiently. You may live in fuel poverty if you need to spend more than 10% of your household's total income to maintain a comfortable standard of warmth. A cold home can make

health and mobility problems worse, and lengthen recovery times. The Warm Front grant can help people to stay warm and healthy in their home, whilst reducing bills and saving energy.

The Warm Front Team's Sam Robinson, says, "The Warm Front Grants are specifically aimed at people who own their home or rent it from a private landlord and receive certain benefits. If you are disabled and in receipt of DLA or AA or disability premium, you could access this scheme at no cost to yourself".

Eaga Partnership also run a Benefit Entitlement Service, which can check whether you should be receiving any additional benefits. This is a free and confidential service.

For more information about Warm Front or the Benefit Entitlement Service, contact them on Free phone 0800 072 0610, quoting MK555.

**You can call TDF and ask to speak to James or e-mail [James@tdf.org.uk](mailto:James@tdf.org.uk). He is happy to help you apply for the Grant!**

## Grant Eligibility

You qualify for the Warm Front Grant of £1,500 if there is a child under the age of 16 in your household or if you are pregnant and have a MAT B1 certificate, and you are receiving one of the following: Income Support, Council Tax Benefit Income-based J.S.A. or Housing Benefit. You also qualify for this grant if you receive Working tax credit, Child tax credit, Attendance Allowance, DLA, Income Support Housing Benefit Council Tax Benefit (if they include a disability premium) War Disablement Pension or Industrial Injuries Disablement Benefit (if they include a mobility supplement or Constant Attendance Allowance)

**You may qualify for the grant of up to £2,500 if you are 60 or over and receive either Income Support, Housing Benefit, Council Tax Benefit, Income-based J.S.A. or Pension Credit.**

# News round up

## Athens Olympics - Touching Gold

### TDF Therapist Pedros Phillippou's Olympic report:

"As soon as you get into the stadium you can cut the atmosphere with a knife. The Athletes begin their stretching and get focused and the therapists hang around keeping quiet until someone comes up to one of us and asks for some help stretching or a massage on a tight muscle. I worked on all 4 of the 4x100 meters guys just before their final. I was trying to keep them focused, trying to keep them calm. Mark Lewis Francis - being the youngest member of the team was a bit boisterous but as I massaged him I kept telling him over and over "You are going back with an Olympic gold". The whole 4 weeks were hard work but an incredible experience and to work with such dedicated people is a real privilege!"

## Disabled Access Guides

Did you know you can get access guides to London, Paris, Israel and Football stadiums in England? They are suitable for anyone who has difficulty getting around. They are available from Gordon Couch at Access Project (PHSP), 39 Bradley Gardens, West Ealing, W13 8HE, on e-mail [gordon.couch@virgin.net](mailto:gordon.couch@virgin.net) for a donation or in most big bookstores, published by Bloomsbury ISBN 0-7475-6933-9. The guides are researched by a charity.

## TDF Information Fact-Sheets

TDF runs a Disability Information Service that answers any enquiry on any disability related issue. Anybody can use this service by dropping into the centre, calling us on 0208 954 7373 or by e-mailing us - [info@tdf.org.uk](mailto:info@tdf.org.uk) We also have a number of Fact-Sheets that provide a detailed overview on: Disabled Facilities Grant, Education, Employment, Equipment hire, Equipment and Adaptations, Holidays and Motoring.

## TDF wishes to thank the contributors in this issue

Layout, editing and all other articles by James O'Shea. Contributions for the next Newsletter are welcome. The deadline for the next issue will be February 2005. Please contact James O'Shea ahead of this date if you wish to contribute.

## Skydiving

### Article by Martine Benlolo - TDF Massage Practitioner

"I could have shut my eyes if I wanted but then I would have missed out on the single most exhilarating and exciting experience of my entire life. There is nothing quite like leaping out of an aeroplane from 12,000 feet for the first time. I had an incredible rush of adrenaline and felt the extraordinary sensation on plummeting towards the earth at 120 mph - and then the delightful sensation of gently floating down when the parachute opens. Exiting the plane went totally against everything I'd ever been taught, but what a buzz it was!"

Martine raised £640 for TDF. If you would like to do your own skydive to help TDF please speak to Julia or Ruth.

Alternatively if you have any ideas for raising money for the charity we would like to hear from you.