



the disability foundation

NEWSLETTER

The Disability Foundation is a Registered Charity Number 1076761

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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 New Year!

We would like to wish all our members, friends and supporters well over the festive season and a happy healthy 2006.



Big thank you to The National Lottery!

TDF would like to thank the National Lottery for its support over the last three years. With a grant from the Community Fund, TDF has gone from strength to strength by developing its capacity to monitor and evaluate services more efficiently, and increase both awareness/outreach within the local and national community, thus contributing to the growth of the charity. The funding has also enabled TDF to have the opportunity to further develop the Disability Information Enquiry Service, which has reported a significant

increase in the number of enquiries made by 200%. This development has been such a success that a new information department has been formulated to solely focus on disability information and research (please see page 4 to read more on this story).

The National Lottery has helped TDF to continue its work in helping people with disabilities, and their carers, to live more independent and healthy lives.

Many thanks from all of us at TDF.

chief executive's letter

It's almost the end of another year and I am pleased to say we have been able to continue to provide quality, independent information and support to people struggling to cope with disability through dedicated Information Services and our centre based at the Royal National Orthopaedic Hospital has continued to attract new members almost on a weekly basis. My thanks go to you the members, our supporters, benefactors and the Board of Trustees and staff who have made this possible.

We have become increasingly aware of the fact that the current location does not fit the specific needs of the charity and we now have waiting lists for many of the therapies on offer. Our apologies if this has affected your ability to access our services but rest assured identifying suitable new and larger premises has now become a key task for the next year.

Best wishes



GIVE NOW! Donating Online Securely

Every penny donated to TDF is vital and we are delighted to now be members of the Give Now online donations service. This is a service offered by the Charities Aid Foundation to help smaller charities receive donations using credit cards. It is a secure website so your privacy details are not passed on to anyone and your credit card details are not held on their servers. You can choose to make a one off donation quickly, securely and tax effectively increasing the value of your gift to TDF by up to 28% using the Gift Aid option at no extra cost to yourself. You can also request to set up regular donations if you so wish. It's simple,

secure and straight forward. Simply log on to www.givenow.org.uk. To donate look to the left hand side where it states DONATE NOW, enter The Disability Foundation in the bar beneath it entitled 'I would like to give to', press search and it will take you to a page displaying our name. Click on the Donate Now button and it will take you to the page to enter your credit card details and the amount you would like to donate from a minimum of £5. You can choose to tick the anonymous box or we will be informed who has very kindly donated to us. We need as much help and support as you can give so any amount would be very much appreciated by us all at TDF.

Thank you in advance.

TDF introduces membership fees

In an effort to secure TDF's longevity, the introduction of a fee for membership at TDF is planned for early 2006. Whilst the charity has managed to avoid this for the past five years, the demand for our services has grown to the point where we need to find extra financial support. External funds have also become increasingly limited as competition within the Voluntary Sector grows.

By introducing membership fees, TDF will be able to protect and secure the general running costs of the centre such as overheads, therapy supplies, maintenance and health and safety. We would be most grateful if you could help so that we can continue to provide our services. An annual individual membership fee will be £10 for use of the therapy services and the centre. Member organisations will also be charged accordingly. The fees will be introduced on 1st March and TDF will be sending members more information about this shortly.

In the meantime, TDF would like to thank you for your continued support and understanding in this matter.

She said yes!

TDF would like to congratulate long standing staff member, Julia Henry, Deputy to the Chief Executive Officer, on her recent marriage. We are very happy to see her tie the knot and wish her and her husband good health and much happiness for years to come.

TDF Website Launch

We are delighted to announce that the long awaited TDF website has launched!

On the website you will be able to find all the information you need about our services and how to access them. You will also have direct access to our Information Service and Disability Enquiry Service allowing you to make email enquiries and download our disability information factsheets/latest Newsletters quickly and easily.

Please visit us at www.tdf.org.uk. Your thoughts and feedback are valuable so please let us know what you think.

Heaven & Earth Show

This summer, The Heaven and Earth show came to TDF. In a five part series, the show explored the possibility of the existence of various paranormal phenomena, including the investigation of healing therapies/psychic powers and whether they have an impact on the body. As part of this genre, the show aimed to investigate the world of complementary therapies, taking particular interest in Reiki and healing therapies.

Filming took place both inside the Centre and out. Julie Fernandez, founder of TDF, teamed up with Matt Allright of Rogue Traders, and co-presented the programme in an 'X' Files Mulder and Scully style - Julie as the believer and, of course, Matt as the sceptic. Matt received a Reiki treatment with TDF's Reiki practitioner, Rebecca Lowrie. His views about the treatment caused some debate, as those of you who saw it will know. What do you think? Please let us know your views...

TDF's new Information Department

TDF is proud to announce the formation of its new Information Department.

After 3 year's Lottery funding supporting the roles of Project Coordinator and Information Coordinator, TDF has recognised the need for a dedicated Information Service to incorporate the disability enquiry service. This has emerged in particular response to the increasing demand from those affected by disability with an increase in calls to the enquiry service by 200%.

The service will be dedicated to providing comprehensive disability information, guidance and support via the telephone, in person, email and by post. Disability information factsheets will be more readily available in paper form and can be downloaded from the website. The department has two members of staff, Head of Information Services and Information Officer, both working on the Disability Enquiry Service. The new department will also undertake newsletter production, networking and awareness building, disability and complementary therapy research, website management and monitoring/evaluation of TDF's services.

The disability enquiry service can answer any disability related query. Please contact **Lisa** or **Sarah** in the following ways:

Tel: 020 8954 7373 **Fax:** 020 8954 7414
Email: info@tdf.org.uk
Web: www.tdf.org.uk

For advice in person, our **Advice Clinic** is open from 2pm on Tuesdays, by appointment only. Please call the Centre to book a slot.

James O'Shea joins the stage with CandoCo Dance Company

As many of you are probably aware, James originally joined TDF as a volunteer and soon became a full-time member of staff. In his role as Disability Information Coordinator his main duty was to provide disability information.

James enjoyed his time at TDF but when he saw an opportunity to take up dance with CandoCo there was no stopping him. CandoCo is an integrated contemporary dance company which has a year-round education and training programme.

CandoCo commissions artists to create dance projects and tours both the UK and abroad.



Well done James and best of luck!

For more information on CandoCo Dance Company contact:

Tel: 020 7704 6845
www.candoco.co.uk

Photographer: Anthony Crickmay
Right: James O'Shea

Disability Information

The Disability Rights Commission (DRC)

The DRC is an independent body, set up under Section 1 of the Disability Rights Commission Act (1999) to stop discrimination and promote equality for disabled people.

Helpline

The DRC helpline can answer any question concerning the Disability Discrimination Act (1995). They only provide advice if you feel you have been discriminated against in some way because of your disability. They are unable to give general disability advice. You can contact the helpline via telephone, fax, e-mail, textphone or by post.

The DRC can also be accessed by videophone for those who use BSL or who have a learning disability although you need to book in advance. Arrangements for an interpreter can be made if you use a language other than English but, again you need to notify them in advance. If your case is deemed to be strategically significant, (for example if it is to set a precedent), then the DRC may pass you on to their specialist legal service.

Conciliation Service

If your case concerns access to goods and services or to education then you may be passed to the Disability Conciliation Service (DCS). This service is run by Mediation UK and is funded by the DRC. It is a free service and aims to solve any issues by getting the two sides together to try and come to a solution that both parties agree upon.

This service enables you to exercise your legal rights without having to go through the courts which can take a long time and costs money. If both parties cannot come to any agreement then you are still able to take your case to court.

Learning Disability Action Group

This group was set up by the DRC to allow people with learning disabilities to advise the DRC on learning disability concerns and services they should have in place to help. They hold meetings several times a year to discuss discrimination issues that may be present in society and that could be changed and then they work towards changing them. There is also a separate section on the DRC website that has all the information in an 'easy read' format allowing it to be open to those with a learning disability.

Mental Health Action Group

This follows the same theme as the Learning Disabilities Action Group. The group meet up at regular intervals to discuss discrimination matters. All the minutes of each meeting are on the website and you can view all the issues they have tried to address through the Action Group.

You can contact the DRC by phone, fax, email or post.

Tel: 08457 622 833	Address:
Fax: 08457 778 878	DRC Helpline
Textphone:	FREEPOST MID02164
08457 622 644	Stratford upon Avon
E-mail:	CV37 9BR
enquiry@drc-gb.org	
www.drc-gb.org	

Fundraising

House of Lords

The Disability Foundation held a successful reception fund raising event in the Lord Chancellor's private rooms at the House of Lords on the 22nd June. The event was hosted by Richard Desmond, Executive Group Chairman, Northern & Shell, and was attended by his colleagues and business associates who were incredibly supportive and generous on the evening raising a staggering total of £144,000. The auctioneer was Lord Harry Dalmeny (Chairman, Sotheby's Olympia).

We were delighted to invite Richard Desmond and Mehmet Dalman of WMG who sponsored the evening to become TDF's Honorary Patrons as a result of their generous and ongoing support.



Richard Desmond

A big thank you to all the people both staff and volunteers whose hard work and success helped create a very successful evening.

Champney's Group



*From left:
Michelle Collins,
Stephen Purdew
& Dorothy Purdew
of Champneys,
Frank Bruno*

On the 11th September Champney's Group held their annual bike ride from their health spa in Tring to another of their health spa's in Henlow Grange. Approximately 200 people took part in the sponsored ride to raise money for The Disability Foundation and Tommy's campaign. Frank Bruno took part and egged the riders on and actress Michelle Collins greeted the riders at the end of their journey!

It was a fantastic day with media coverage by the Daily Express and the Daily Star the following day. Thank you very much to all those who rode and especially to the staff and management of Champney's Group for their fantastic support.

Dianne Nelmes The Great North Run

Dianne Nelmes very bravely ran the Great North Run (13 miles!) from Newcastle to South Shields to raise money for TDF. Dianne wanted to support the work that TDF do for their members and so decided to put on her running shoes and raised over £11,000 from sponsorship from our members and Dianne's friends. Thank you very much Dianne from all of us at TDF and thank you to our members who were very generous.



*Left: Dianne Nelmes,
Director of Daytime
and Lifestyle for
Granada Television.*



*Congratulations to
IPOD winner, Emilia
Gerrard, a regular TDF
user. Well done!*

*Left: Emilia Gerrard &
Ruth Vickers of TDF.*

Please contact Chrissy Smith at TDF for information regarding Fundraising and Marketing/PR.

Body, Mind and Soul

Acupuncture today by: Michael Kiesner (TDF Acupuncturist)

I have been an Acupuncturist for 20 years, and have worked on a large variety of illnesses. People will generally use Acupuncture for chronic conditions which have affected them for a long period and often try other medicines before they try Acupuncture. This could be due to a fear of needles and lack of knowledge about how the therapy works.

The conditions most treated by myself in the last 20 years are as follows: low back pain, headaches, Osteo-Arthritis, Rheumatoid Arthritis, period pains, smoking addiction, Repetitive Strain Injury (RSI) to elbows and hands, phantom limb pain and Carpal Tunnel Syndrome.

During a treatment, an Acupuncturist does not necessarily use acupuncture needles and uses other techniques such as Moxibustion, Cupping, and Chinese massage. Moxibustion is light heat from a burning herb called Artemisia Vulgaris which helps to reduce pain. Cupping is a suction technique using small plastic cups to loosen joints and improve blood flow - this is particularly good in the treatment of Arthritis. Chinese massage, helps to treat conditions like low back pain, stress and high blood pressure.

When diagnosing, Acupuncture works by considering the patient as a whole and looks at their emotions, diet, sleep patterns, and exercise. Treating according to just symptoms is not sufficient for a good Acupuncture treatment. The Chinese determine health by the flow of energy or 'Chi' through the body's energy lines known as

Meridians. When Meridians get blocked, the Chinese say illness follows. Acupuncture brings back the flow of Chi into the Meridians, and health is restored.

*To find out more about having an Acupuncture treatment at TDF please call: **020 8954 7373***

Hypnotherapy & Emotional Freedom Technique (EFT)

What is Hypnosis?

Hypnosis when translated from the Greek (hypnos) means 'to sleep' although during hypnosis you are never asleep. It is actually just a state of deep concentration, heightened awareness, and relaxation whilst still being in complete control.

It works by changing your state of consciousness. During the day we are usually in a full conscious awareness state, which is the critical and judging left-hand side of the brain. Hypnosis suppresses this side of the brain to enable our subconscious, right-hand side of the brain to be in control. This side of the brain is able to accept suggestions much more readily, allowing a person to overcome a particular problem. People can go into this state unknowingly for example, when daydreaming, being totally absorbed in a book or TV advert.

Hypnotherapy

In hypnotherapy you are guided into your subconscious by the therapist and this is how he/she can then change your perceptions and undesirable patterns of behaviour to enable a person to overcome specific conditions such as phobias, fears, obesity, addictions e.g.

Body, Mind and Soul cont...

smoking and even negative attitudes and emotions. This is known as 'Suggestion Therapy' and may only require one or two sessions with a booster session if necessary. More complex emotional conditions such as anxiety, panic attacks, depression and stress may require a course of treatment. This is called 'Analytical Therapy'.

Your subconscious stores all your memories, even those you may have suppressed, and opening your mind up to this allows you to accept a statement without judgement. Hypnotherapy uses these memories to overcome a problem that has originated from a particular event in

a person's mind and so alleviate the impact on their life.

Emotional Freedom Technique (EFT)

This technique is based on the belief that all adverse life experiences affect how we feel physically and emotionally. Negative emotions disrupt our body's natural energy flow. EFT is used to release this negative energy by tapping pressure points, of which there are 13, on various parts of the body. It can treat addictions, improve self confidence, reduce nightmares and help with pain management. You can also use EFT as self-treatment.

To try Hypnotherapy and EFT please contact TDF on **020 8954 7373**.

News round-up

TDF's Children's Services

Have you ever tried out our **Children's Sensory Room**? If not, don't delay! The Children's Sensory Room is a wonderful and magical environment fitted with sensory equipment ideal for children to develop learning, sensory, motor, play and social skills. It is for all children up to the age of 18 years. A **Play**

Therapist can be booked to help children further develop these skills. The sensory room is available for members' use, all TDF asks is for a small donation, and that each child is accompanied by a responsible adult. In addition, **all TDF complementary therapies** are available to children at even further reduced rates including baby massage and yoga therapy. Please call the centre to book.

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 life with a disability, caring for a loved one, a poem, or even about a good holiday experience. Please contact Lisa Mendoza if you wish to contribute.

Children's Electric Wheelchair Donation

Top of the range, second hand Children's Electric Wheelchair by Levo worth £7,000-£8,000 has been kindly donated by one of our clients. The chair adjusts from seated position to standing up at eye level. It may need some modifications (particularly the resurface of its footplates). Its original 11 year old owner has outgrown it. If you would like further information or think you know a child who may benefit, please contact TDF directly.

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