



# Fife Independent Disability Network Newsletter

Autumn Edition  
2005

## NE FIFE PROJECT VISIT TO FALKLAND PALACE GROUNDS ON 12TH JULY 2005

Joan Hughes had told all to be at Cupar Age Concern Hall for 1.30 pm. The Mobus arrived, driven by Mary Parry, and we all set off for Falkland Palace.

When we arrived, we paid our £1.00 entrance and gained access to the Palace grounds. We took a couple of photographs before most of the group dispersed. There



was a falconry display on and the more able went off to watch whilst the rest of us made our way slowly down the paths.

It was a beautiful, sunny day, rather too hot, so many were glad of benches in the shade of the many trees and took advantage of having a seat.

We all returned to the entrance to have some refreshments in a local hotel before boarding the MoBus and setting off for home.

Mary Parry drove everyone to their homes and was extremely helpful in boarding and disembarking passengers.

Thanks go to Jean Adams and Jeanie Mays, both of whom gave £2.00 for our funds and also to Betty and Stark who gave £10.00 for

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### FIDN AGM 2005

AGM Thursday 15<sup>th</sup> September

2 pm - 4 pm

In

The Halfway House, Kingseat,

By Dunfermline

For more Information Contact

Muriel MacGregor at the FIDN Office

## THE PENSION SERVICE

### Local Service Fife

#### A Benefit Health Check – what's that?

At a Benefit Health Check we arrange to meet with a customer to discuss their individual needs.

The appointment is not restricted to income related entitlements such as Pension Credit. Instead, we discuss and complete application forms for benefits such as attendance Allowance, Disability Living Allowance, Carers Allowance, State Retirement Pension and Housing Benefit/Council Tax Benefit rebates. We also give advice on other services available in Fife such as Care and Repair and energy watch.

## LOCAL TALKING NEWSPAPERS THROUGHOUT FIFE

There are a variety of local talking newspapers throughout Fife.

These include: Dunfermline sound

Midfife newstape

Sounds of Northeast fife

Bonnie dundee

These can all be organised by contacting Fife Sensory Impairment centre on 01592 412 666.

The above news tapes are sent out free of charge.

National Newspapers, these include:

Playback recording service, based in Glasgow on 0141 334 2983( free of charge)

TNAUK, based in East Sussex on 01435 865422. This involves a yearly subscription. You can also receive talking books from the library. RNIB also have a talking book service. They can be contacted on 0845 762 843. This also involves a yearly subscription. If you are registered partially sighted or blind, then we may be able to pay the subscription charge. Unfortunately we have a waiting list for this at the moment.



our funds.

The non-members who came with us on our trip will be joining F.I.D.N. in the near future and attending our NE Fife meetings in Cupar.

Everyone enjoyed the trip and expressed thanks.

**Continued from page 1**



## YOUR CHAIRPERSON'S REPORT

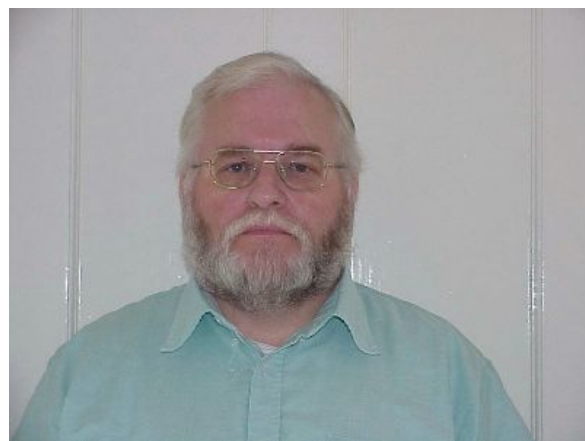
With regard to the election of the Management Committee we have only received 4 applications for the 5 vacancies therefore there will be no election procedure and the applicants will automatically be elected to the Management Committee as per constitution. The AGM is proceeding on schedule.

The demands from the statutory and voluntary sector and disabled people themselves have increased greatly with both enquiries and consultation work mushrooming. The helpline is busier than ever with the call rate up 62% on the previous year. The Network meeting are becoming more successful with the rate of attendance now at 40 – 50 people attending each meeting. However with the ever-increasing demands on our limited resources we have difficulty in meeting the needs of all our members. We are aware of this and trying to address it through funding applications, which will allow us to recruit more staff and improve our presence throughout Fife.

With the next few months FIDN will be running a training course for Access Auditing. The training through JMU Access Partnership will be over three weeks one day per week most of the committee will be expected to attend, the course is based on training 12 – 16 people. There will be some spare places which will be open to members of FIDN this will enable us to broaden the base of people able to attend the Access Panel.

The Government is inviting applications for members of an interim Advisory Group to work with disability organisations, disabled people, Ministers and government officials to drive forward to create a new National Forum for Organisations of Disabled People (NFDP) full details are contain in the advert in the newsletter.

Michael Tonks



## WANT TO LEARN?

### What does Lead offer?

- Educational guidance and information
- Computer home loan scheme
- Volunteer support

Our services are free and confidential. We work with disabled people and carers in some areas of Scotland. Find a local Lead Scotland Organiser. Tel: 0131 317 3439

### Educational guidance and information

One of our Lead Organisers can arrange to visit you at home, or somewhere that suits you best, to talk about what you want to learn. We can give you the information you need to get started and ongoing support for you to continue your studies.

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## HARRY POTTER

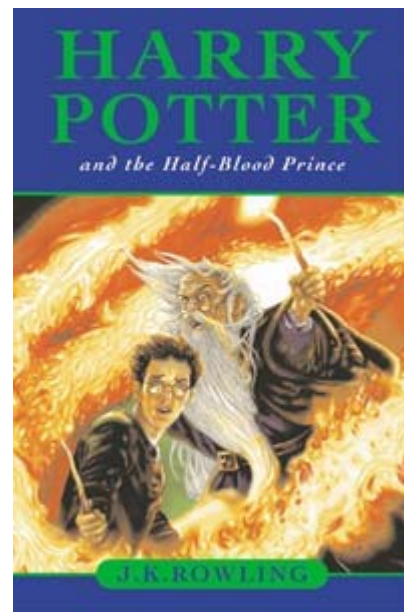
'Harry Potter and the Half-Blood Prince' by JK Rowling will be the first ever novel in the UK to be published simultaneously in braille, large print and standard print. [Order](#) your braille copy today! Find out what ten-year-old Harry Potter fan Richard Wheatley thinks about this latest news.

You can also read, online, '[Welcome to a World of](#)', which contains the latest new product information available from RNIB, the high street and other voluntary organisations and public bodies. This FREE publication can also be obtained on tape, by email or braille by [subscribing to 'Welcome to a World of'](#).

You can order online on the RNIB website or contact your local RNIB Office:

### [RNIB Scotland: Pathway Service](#)

Fife Sensory Impairment Centre  
Wilson Avenue  
Kirkcaldy  
Fife  
KY2 5EF  
Tel: 01592 412 913



**Please Send in Letters or comment`s** that may be of interest to FIDN readers to the FIDN office (address on page 3). Please state for Newsletter!

**Please note** that this is no guarantee that it will be place in the newsletter.



## HOLIDAYS For DISABLED PERSONS

**Accessible Accommodation Guaranteed.**

**Flights to Cyprus, Tenerife, Malaga,  
Lanzarote, Costa Almeria, Majorca,  
Algarve, Malta, Crete and Florida.  
Sailing holiday in the Greek Islands.  
Holiday homes in France.**

2005 brochure with coloured pictures is

Available at [www.access-travel.co.uk](http://www.access-travel.co.uk)

Tel: 01492 888844

Or please apply to:

Access Travel (Lancs) Ltd, 6 The Hillock,  
Astley, Lancs M29 7GW, tel: 01942 888844



### FIDN WebSite

You can find this newsletter and previous newsletters plus lots more information on our website.

[www.fidn.org.uk](http://www.fidn.org.uk)

# LETTERS

## SERVICE CALL

### Service Call

In the Spring Edition of the FIDN Newsletter I had an article in it about Service Call, since that article I have received a few comments about the poor service of the Service providers who have Service Call installed. Well, I have been in touch with Service Call and they would like anyone who has had problems to get in touch with them and tell them about it.

The contact name is a Mr Tim MacNamara Tel: 0800 4583008 or Email him on [timmacnamara@servicecall.net](mailto:timmacnamara@servicecall.net)

From Robert A Hunter (Editor)

## WALKING ON WHEELS

*Dear Editor*

Earlier this year some of you printed a short article with photo in your magazine. The article was telling your readers about a book I was working on called "50 Walks On Wheels" and I made a request for walk suggestions. I was delighted when several of your readers got in touch with me to tell me about their favourite walk. Unfortunately, I have not been able to include them all but some are included.

Please would you consider including the following article in your next publication

A year ago I had hoped to have the book on the market for Christmas 2005. On this schedule there is good and bad news. The good news is that I now have a publisher, Cualann Press of Dunfermline. The other good news is that Anne Begg MP has written the Forward and Cameron McNeish President, Ramblers Scotland, the Introduction. To quote his final paragraph: "I firmly believe we all have a small smouldering glow within in us that harks back to those days before civilisation became divorced from the land. Often it just takes a small breeze from the green world to give flame to that glow and allow the fire to burn brightly within us. My hope is that this book will provide that breeze for many, fanning the flames of wild land love and appreciation for those who may have thought a living relationship with the green world was beyond them."

The bad news is that we have missed the Christmas 2005 sales. The book is now to be called, "WALKING ON WHEELS" and will be in the shops by April 2006 with a mail-order service for disabled persons from me. The shop price, we hope, will be between £10 and £15, with a reduction plus free p&p to disabled persons. Register an interest now and I will let you know when "WALKING ON WHEELS" is on the market.

Contact me by e-mail on: [eva.mccracken@getreal.co.uk](mailto:eva.mccracken@getreal.co.uk)

## ARTICLES FROM THE MAGIC CARPET

### **Servicing VAT Exemption**

I purchased my own car and got it zero rated for VAT due to the adaptations fitted. I recently had my first service, which came to £385 and nearly £60 of that was VAT. This prompted me to telephone the VAT office and enquire if I could also be VAT exempt for servicing.

The answer was `yes`. All that needs to be done is to fill in a VAT declaration form. I sent one off to the garage to get the return of the VAT that was charged.

*Helen Mathews, Southampton*

### **Useful Car Tyre Gadget**

I recently bought some pressure guards for my car. Basically, these fit in place of the valve cap and show, by means of a green or red indicator, whether your car tyres are at the correct pressure.

For those of us who have difficulty in bending and standing they are just fine. A brief glance tells you that all is in order.

I did have some concerns over the possibility of theft as they merely screw on in place of the dust caps, but the manufacturers tell me that it has not proved to be a problem.

I have no connection with this company, but thought that this information would be of interest to members.

The caps are supplied by Auto-Unique Ltd, 22 Salisbury Road, Marlborough, Wiltshire, SN8 4AD. Tel: 0871 220 5285. Web: [www.auto-unique.co.uk](http://www.auto-unique.co.uk)

A set of four caps costs £12.50 plus £2 p&p

*Alan crozier, Leighton Buzzard, Beds*

### **M6 Motorway Toll**

We continue to receive enquiries regarding the M6 Toll and exemption for people with disabilities.

Exemption is available for vehicles registered under the Vehicle Excise Registration Act in the name of the disabled person, who must be in receipt of the higher rate mobility component of the Disability Living Allowance or the War Pensioners Mobility Supplement.

To apply for a Mobility Exemption pass (charge of £5 for a three-year pass), contact the Midland Expressway Limited Helpline on 0870 850 6262 or visit the website at [www.m6toll.co.uk](http://www.m6toll.co.uk)

You will need to provide a valid DLA404 (Disability Living Allowance) or WPA0442 (War Pensioners Mobility Supplement) and a passport-sized photograph of the applicant.

Be aware that, if you change your vehicle within the three years, a new application will have to be made and a further £5 change paid.

*The above articles have be taken from Magic Carpet August/September 2005*

# Talking Tins

A problem solved - record what's in your cupboards. Talking tins is a unique product and has been designed to help identify contents of tinned food and many other items around your home, such as content of storage containers, bottles and sprays.

- Yellow with black contrasting buttons.
- Fits on all standard tin lids, including ring pulls.
- Built in magnets secure the cap to any steel tin and tins can be stacked one on top of each other.
- You can also use the talking tin on other containers and packets by using the self-adhesive metal disc provided.
- By using the elastic strap provided, you can use the product to identify household objects such as bottles, sprays and other cleaning products.
- Two record buttons and a large tactile play button.
- Recording time is up to 8 seconds.
- Replacement batteries available under product code CP16. Four are required.



NOT freezer or dishwasher safe.

Available as:

## **Starter Pack:**

DK90 – 3 x Yellow Magnetic Caps, 1 x Elastic Strap and 1 x Metal Adapter

## **Single Talking Tin:**

DK91 – 1 x Yellow Magnetic Cap, 1 x Elastic Strap and 1 x Metal Adapter

## **Talking Tin, Starter Pack of 3**

Price: ~~£9.99~~ **£11.74**

You can order online on the RNIB website or contact your local RNIB Office:

[RNIB Scotland: Pathway Service](#)

Fife Sensory Impairment Centre

Wilson Avenue

Kirkcaldy

Fife

KY2 5EF

Tel: 01592 412 913

Or online at: RNIB Online Shopping at <http://onlineshop.rnib.org.uk/>

## WHO ARE MediPAL

The idea behind the card was conceived by the owner of the business, who at an early age, had survived a stroke, then later a heart attack and who had subsequently spent many hours meeting with medical consultants.

During the first visit to each new consultant, he would have to remember the dates of those traumatic events, the names of the surgical procedures performed on him and the names and doses of the medication around in his wallet on a dog-eared piece of paper. This tatty old piece of A4 paper became the inspiration for MediPAL – a hard wearing, credit card sized, plastic medical ID card printed with all the medical information you choose to record – an invaluable memory-aid for any initial consultation!

The card has many other benefits:

- It can be used to verify that your pharmacist has dispensed the correct medication.
- It can be used by the Emergency Services to ascertain quickly whether you are allergic to any particular drugs and enable medical professional to immediately assess the situation.
- Or it can simply be used as another form of identification.
- It can be used as a contact.ID card for overseas travel.

MediPAL - [www.medipal.org.uk](http://www.medipal.org.uk)  
01306 888495

*Cardholder Name:* Ivor Problem  
*Contact phone:* 01234 567890  
*Date of Birth:* 10/04/1959

**Medical Information**

*Current Daily Medication:*  
1 x 20mg Atorvastin  
1 x 5mg Ramipril  
1 x 75mg Micropirin - Aspirin  
1 x 75mg Venlafaxine  
1 x 15mg Lansoprazole

*Issued:* 27/04/2005

Card Front

**Medical Information**

*Brief Medical History:*  
Stroke and Surgery - May 1996  
Shunt inserted (right side) May 1996  
Duodenitis - Oct 2001  
Triple Heart Bypass - Jan 2003  
ALLERGIC TO PENICILLIN  
DIABETIC

*GP Details:*  
Dr Spock  
09876 543210  
The Surgery, Enterprise Street, Kirkland, PC1 6MP

In Accordance with The Data Protection Act 1998 - Reg No. Z8558147

Back of Card

### JNRMediPAL

JNRMediPAL for junior members of your family can either be used as a medical card, utilising the same level of detail as the MediPAL card, or simply as an ID card, to ensure your peace of mind

JNRMediPAL card comes in a choice of colour`s.

MediPAL and JNRMediPAL Cards,  
Costs £14.99 each (and that includes

two text changes during the life of the card).

Or £9.99 (if ordered online at: [www.medipal.org.uk](http://www.medipal.org.uk))

Or Tel: 01903 787904 (24hrs) and ask for an application form or visit our website at [www.medipal.org.uk](http://www.medipal.org.uk) and download a form.

**We will only use the information that we collect about our customers lawfully and in accordance with the Data Protection Act 1998, Registration number Z8558147**

## NATIONAL KEY SCHEME (RADAR)

### Accessible Toilets for Disabled People

Available from Fife Independent Disability Network, West  
Bridge Mill, Bridge Street,  
Kirkcaldy Tel: 01592 203993 Fax: 01592 203786  
Text Phone: 01592 646885

Opening Hours: Tuesday - Friday 9:30am – 1pm

There are 5,600 accessible toilets in the UK using RADAR keys.  
For further information please contact Muriel MacGregor at Fife  
Independent Disability Network.



**What does it cost?** £4:50

**How do I get one?** Visit FIDN with identification (e.g. Blue badge) photo copy of both sides and pick yours up at the cost of £4:50. If it is easier simply put a cheque in the post along with identification and your address details and we will send your key to your door!

**Is it only for wheelchair users?** No! Speak to us for clarification. You are entitled to use a RADAR accessible toilet if you require assistance in toileting, have a visual impairment etc.

**Where can I use it?** All over the UK



**What interests you?** You might want to learn the guitar, speak French, learn to paint, write creatively, send an email, brush up your reading and writing skills. The lists, of course, are endless! Talking to an Organiser about your interests might help you decide what you want to learn.

**There are many reasons for learning. What is yours?** Do you want to learn for fun, gain skills for work, or fulfil a lifetime ambition? Perhaps you have recently become disabled and you want to talk to someone about how to get back into learning?

**How would you like to learn?** Learning opportunities are becoming more and more flexible. Do you want to learn at your own home, at college, at a local learning centre or maybe over the internet? Do you want to learn a few hours a week round your other commitments or are you looking for a full-time opportunity? Talk to an Organiser about what would suit you.

**Fife Organiser - Norma Mackenzie tel: 01383 312200**

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## **USEFUL TELEPHONE**

### **Inclusion Scotland**

[Info@inclusionScotland.org](mailto:Info@inclusionScotland.org)

Tel 0141 887 7058

### **Fife Advocacy**

Tel: 01383 511155

### **Scottish Disability Equality Forum**

Tel: 01786 446456

### **Citizens Advice & Rights Fife**

Tel: 01592 412230

### **NHS/Fife Health Council**

Tel: 0800 587 4008

### **FIDN OFFICE**

#### **CONTACT DETAILS:**

**Muriel MacGregor**

**West Bridge Mill**

**Bridge Street**

**Kirkcaldy KY1 1TE**

**Tel: 01592 203993**

**Fax: 01592 203786**

**Text Phone:**

**01592 646885**

**Email:**

[mmacgregor@fidn.vianw.co.uk](mailto:mmacgregor@fidn.vianw.co.uk)

**Website: [www.fidn.org.uk](http://www.fidn.org.uk)**

**Please visit the website for more  
Information.**

## **THE BELOW ARE SOME USEFUL CONTACT NUMBERS RELATED TO SAFETY**

### **Homecheck**

**Tel: 01592 599599**

### **Fife Fire and Rescue Service**

**Tel: 01333 439497**

### **Fife Constabulary Home**

**Security Help / Advice**

**Tel: 01592 418506**

### **Fife Constabulary**

**Safety Officer (East)**

**Tel: 01334 418745**

### **Trading Standards**

**Tel: 01592 416830**

### **Citizens Advice & Rights Fife**

**Tel: 01334 412845**

### **Home Energy Management Service**

**Tel: 01592 416904**

### **Care and Repair**

**Tel: 01592 631661**

## ITEMS FOR SALE

### **LOMAX POWERMAX** Powerchair

Dual control, tilt & recline functions

Kerb climber, used 1 year

£3,000 new will accept £1,000

Tel: 01592 653316

### **FREE for Uplifting**

Elap rotating car Seat

Tel: 01592 653316

### **World's Biggest Coffee Morning**

is Macmillan's

flagship event.

Now in its 15th year, it has grown to become one of the biggest events in the UK charity calendar with over 1.5 million people taking part and raising £5.3 million for Macmillan in 2004.

In 2005, with your help, we can raise even more. So please, if you haven't already done so, register now [www.macmillan.org.uk](http://www.macmillan.org.uk) and be part of something really big!

If you are unable to organise a coffee morning, you can still take part in this fantastic event by going along to a public coffee morning near you or simply making a donation to World's Biggest Coffee Morning online.

Cancer charity Macmillan is holding a UK-wide coffee morning on September 30 and is looking for volunteers to organise their own

Fred said: "Whether your coffee morning is big or small, it will help Macmillan to fund more cancer care services.

"You can help Macmillan reach many more people who need support by simply putting the kettle on as part of the World's Biggest Coffee Morning."

Last year 35,000 events raised £5.2million. The target this year is £6m.

### **Fife Organiser**

Organiser: Betty Boucher

Cupar

Tel: 01337 828525



### **From William A Simpson**

HS -890 Deluxe power - four wheel scooter in silver. Maximum speed is about 8 to 10 mph, Weight, capacity 30 stone, 13inch front and back wheels, Captains chair, Front and rear suspension.

The scooter was £3,000 new but is being sold from £1,000. It has hardly been used, it has a few scratches on it but basically it is in good condition.

There is a bed aswell, it was £2,000 new and is about a year old and is being sold for £1,000 or nearest offer.

For more details get in touch with the FIDN office 01592 203993



## World's Biggest Coffee Morning

30 September 2005

## HOLIDAY`S

Eildon Holiday Cottages comprises of six modern holiday “cottages”, converted from 18<sup>th</sup> century barns and outbuildings. The cottages are managed by Jill Hart who, together with her husband Tom and their family, live in the Mains farmhouse. Built of local Melrose stone (lovely “old rose” colour), the cottages are spacious, warm, bright and very well equipped. Five of the cottages are Category 1 (unassisted wheelchair access) and have at least one bedroom, with shower or bathroom, on the ground floor.

The cottages are situated 600 ft up on the slopes of the Eildon Hills with magnificent views over the Lammermuir and Moorfoot Hills beyond. Melrose`s 9-hole golf course is within 300 yards of the cottages. Abbotsford, the home of the novelist Sir Walter Scott, is less than four miles away and there is much in the area to interest historians, architects and gardeners.

The cottages are on the edge of Melrose itself, whose Abbey holds the heart of Robert the Bruce, and is one of the most attractive of the Borders towns, with its unusual shops and fine eating places. Excellent hill walking, fishing, riding and golf are all available.

Winner of the Holiday Care Service award in 1991 for the best self-catering accommodation for disabled people in Britain.

Winner of the Tourism for All awards in 1991 for the best facilities for disabled people in Scotland.

Scottish Tourist Board 4 star accreditation.

Category 1 rated for unassisted wheelchair use.

Special mention in National Civic Trust awards 1992.

Central Borders Civic Trust Special Award for excellence 1992.

Eildon Holiday Cottages  
Dingleton Mains, Melrose,  
Scotland TD6 9HS  
Tel/Fax:01896 823258  
Web:www.eildon.co.uk  
Email: info@eildon.co.uk



**DISCLAIMER: Advertisements of items for sale are a private matter and FIDN has no responsibility for items offered or for any contract or agreement arising from such adverts.**

## GOLDEN PARK ACCESSIBLE APARTMENTS

I am the Full Time Care of my Husband who has Secondary Ms and is a Wheelchair User, he is also a Disability for the EFDS, A Lecture at Derby University on the Medical and Social Models of Disability and Access Auditor amongst other things, and so we are aware of the many needs of Disabled People.

As we were tired of poor standards of suitable Accessible Accommodation, we decided to purchase a 2 & 3 Bed Apartment on a complex in Turkey where we have had a major input into it's design both inside and out.

The Apartments are **Suitable For All**. Built beyond Part M of UK Spec's with 1000mm Door Sets, Accessible shower Rooms, Shower Chair and Raised Beds to name a few. Outside the Complex is fully Accessible, with a Pool Hoist etc. The Price for rental is based on a **Per Apartment basis** and is extremely competitive, as we believe the Disabled should not be taken advantage off because of their needs. A week in Low session costs from as little as £195 to £275 including £50 returnable Bond to £295 - £375 including Bond in the High Session depending on which Apartment you require.

If you would like more information about the apartments for hire, or would like to discuss your requirements in a little more detail, please contact Disabled Destination Abroad either by email or on the telephone number below:

Tel: 01773 824709

Email: [info@disableddestinationabroad.com](mailto:info@disableddestinationabroad.com)

[www.DisabledDestinationAbroad.com](http://www.DisabledDestinationAbroad.com)



**Please send any comments on this newsletter to the FIDN office, so I can make any improvement if necessary or if you have something that maybe of interest to the FIDN readers.**

**Editor & Publisher: Robert A Hunter**

# The National Forum for Organisations of Disabled People (NFDP)

The Government is inviting applications for members of an interim Advisory Group to work with disability organisation, disabled people, Ministers and government officials to drive forward the work to create this new Forum. We wish to encourage applications from disabled people from all ethnic minority backgrounds.

The creation of the National forum for Organisations of Disabled People (NFDP) IS A RECOMMENDATION IN THE Prime Minister's Strategy Unit report `Improving the life Chances of Disabled People`. The Government recognises that it needs to increase involvement of disabled people, including disabled children and young people in the development and delivery of policies impacting on their lives. The creation of the NFDP is one method within a broad strategy to achieve this.

Initial consultations are underway to gain insight into how disability organisations and disabled people want the Forum to operate. The results of this and future consultations will inform the ongoing work of the Advisory Group.

## **The remit of the Advisory Group will be to:**

Offer strategic, confidential advice to Ministers and officials across government on the creation, composition role, remit and reporting mechanisms of the new Forum.

## **Applications must:**

- have experience in disability issues and an understanding of the diverse range of concerns within the disabled people's community.
- be able to identify, commission and drive forward specific projects.
- be able to use research material provided to formulate proposals and measure outcomes and be able to work as part of a team.

## **We would also like applicants to:**

- have credibility with disability organisations and disabled people and
- have a basic understanding of how large organisations/the public sector works.

It is anticipated that the Advisory Group will be in place for 6 months and that there will be approximately 18 working days required within the 6 month period. This will include meetings and preparation time. The ability to be flexible regarding days of work is essential.

An amount equivalent to loss of earnings will be paid and expenses will be reimbursed.

If you have any questions about the NFDP or being an Advisory Group Member, or you want further information and application details, please telephone 020 7962 8278 or text phone 020 7712 2492 or write to:

Wilma Jackson, Disability and Carers Directorate,

Room 124, The Adelphi

1-11 John Adam St

London WC2N 6HT

