



Fife Independent Disability Network Newsletter

Summer Edition 2011

The office of Communities Secretary Eric Pickles has expressed concern over the plan to cap total household benefits at 500 pounds a week

David Cameron has received a stark warning from within his own administration that the coalition Government's plans to cut welfare payments risk making 40,000 families homeless.



The warning came in a letter from the private office of Communities Secretary Eric Pickles and appears to reflect deep concern in his Department for Communities and Local Government (DCLG) over the plan to cap total household benefits at £500 a week.

Written by Mr Pickles' private secretary Nico Heslop to his opposite number in 10 Downing Street and obtained by The Observer, the letter warns that the estimated £270 million annual savings from the plan could be wiped out by the cost to local authorities of rehousing families who can no longer afford to pay for their accommodation. Far from contributing towards the Government's deficit reduction programme, the scheme could end up generating a "net cost" to the Exchequer.

And it warns that the welfare cuts will put at risk at least half of the 56,000 affordable homes to rent which the Government hopes will be built by 2015, as contractors doubt whether they will be able to recoup their costs from tenants.

A spokesman for Mr Pickles said: "We are fully supportive of all the Government's policies on benefits. Clearly action is needed to tackle the housing benefit bill which has spiralled to £21 billion a year under Labour."

It is understood that the letter was written in January and has not been discussed at Cabinet level.

Inside This Issue:

Network Meeting 5

FIDN AGM 5

Blue Badge Scheme 6

CHP have failed third sector 8

Useful Telephone Numbers 12

Trouble with your computer 17

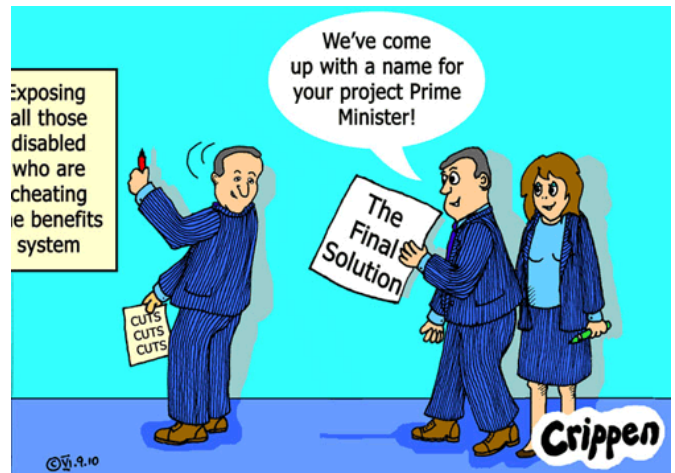
Telephone Counselling 18

But sources within the DCLG declined to discuss whether it was seen or approved by Mr Pickles before being sent to the Prime Minister's office.

In the letter, Mr Heslop warned that the benefit cap announced by Chancellor George Osborne last October and due to come into effect in 2013 raised "some very serious practical issues for DCLG priorities".

He added: "Our modelling indicates that we could see an additional 20,000 homelessness acceptances as a result of the total benefit cap. This on top of the 20,000 additional acceptances already anticipated as a result of other changes to the housing benefit. We are already seeing increased pressures on the homelessness services."

Shadow work and pensions secretary Liam Byrne told The Observer: "We were assured by ministers that costs wouldn't rise. Now top-level leaks reveal the truth. Iain Duncan Smith has promised the House of Commons he will not U-turn on the benefits cap. Perhaps now David Cameron will order him to think again."



Shopmobility

Shopmobility have written to thank David Campbell for all his help in fund raising over a number of years and for his time and assistance which is greatly appreciated

FIDN need`s more Management Committee members

FIDN need more Management Committee members, would you like to be more involved in making decisions and becoming actively involved in disability issues. FIDN need more voices to raise awareness of the difficulties disabled people encounter.

Telephone Muriel for more information.

Muriel MacGregor Office Manager

Fife Independent Disability Network

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Voices of the hardest hit

Disabled people from among the thousands who took part in The Hardest Hit demonstration have been telling Disability Now why they marched.

Jaspal Dhani, Chief Executive of the United Kingdom Disabled People's Council (UKDPC) said that cuts being made under government welfare reform proposals would have far reaching effects.



"I know that if Disability Living Allowance (DLA) was cut tomorrow, I'd not be able to afford to travel. Losing DLA would mean I'd lose my car. Losing my car would mean I'd lose my job and that would mean that my family would be put at risk. "The situation is becoming so dire that disabled people's lives are being put at risk." He went on to speak of the possibility of further actions in future. "If this doesn't have some kind of impact then we'll return to the streets with bigger and better marches. We'll encourage people to take action locally too."

Estimates put the number of marchers at around five thousand.

One of the speakers at a rally before the march was Chair of Inclusion London Kirsten Hearn. Reflecting afterwards on the significance of the march, she told Disability Now: "It is the largest gathering of deaf and disabled people together in many years. We are angry and we showed it!" Of her own motivation for marching she said: "I wanted to be with my deaf and disabled sisters and brothers engaged together in an act of solidarity that shows disabled people as strong and resisting rather than passively submissive. I wanted to counter that negative stereotype of the beleaguered benighted afflicted crips!"

Asked whether the march would have any impact on the Government she said: "What will make a difference is the conversations that deaf and disabled people had with their MPs. At least when MPs vote on cuts they will have met and connected in some way with someone who is going to be directly affected. Anything that brakes the stranglehold of the stereotype of disabled benefit scrounger can only help."

Disabled Labour MP and Chair of the Commons Select Committee on Work and Pensions, Dame Anne Begg also spoke at the rally and attended the march. She too said that she believed that the mass lobby of MPs by disabled people would be likely to have lasting value. "I suspect that the most effective part of the day was the lobbying of individual MPs by the people who attended."

MPs do listen to their constituents and so that face-to-face meeting is very important and will go much further in persuading government MPs that what the Government is proposing is wrong. It is much harder for an MP to dismiss the views of a constituent when they are telling them about their real life experience."

Ian Macrae, DisabilityNow

Scots fear cutting wind from the south

Disabled people in Scotland celebrated their achievements at an Independent Living Festival in February. But, says Jim Elder-Woodward, the celebrations had to be tempered by reality

Giving disabled people the freedom of choice and control over their own lives and lifestyles is now part of mainline social policy, particularly here in Scotland.

The independent living movement, comprised of disabled people fighting for such freedoms, is also beginning to discuss such issues with senior Scottish Government officials on a regular basis.

But, unfortunately, I'm a glass-half-empty kind of guy and 2011 looks to me as if it's going to be an annus horribilis, because it heralds the beginning of a protracted onslaught by the UK Government on the freedoms we have fought so hard for over these past 50 years.

While we celebrated our success at our one-day Independent Living Festival in Glasgow, in February, the latest in a whole string of welfare reform bills were being lodged by the Westminster Government which, over the next four years, will decrease the standard of living of the most vulnerable in society by the most drastic amount since 1931.

At that time, the Liberals in the then National Government persuaded the other parties to cut public expenditure by £96.5m, the biggest chunk of which was £66.5m on unemployment benefit. It's interesting to note that every time the Liberals were in a coalition or national government during the last century, they cut social spending on education, housing and unemployment benefit.

For example, during the Conservative Liberal Government in 1922, the "Geddes Axe" cut spending on social expenditure alone by £13 million; but by 1924 the coalition government had cut it by £30 million.

All the advances in public health, housing, education and unemployment benefit that the Coalition had brought in after the First World War to make the country "fit for heroes" were done away with.

I wonder if similar thinking is happening in today's Coalition around the new thinking of independent living, despite what they say to the contrary.

By 2015, cuts in welfare benefits alone will be in the region of £18 billion. It is reckoned over half of this (£9.8 billion) will be achieved by moving disabled people onto Jobseekers Allowance and cutting other disability benefits like DLA.

By 2013, Disability Living Allowance will be no more, and the Independent Living Fund will be gone by 2015.

This will affect 3.5 million disabled people throughout the UK.



We still don't know how those receiving funding from the ILF will be able to continue with their support packages. The Fund is now closed to new applicants, in any case.

We do know that the DLA will be replaced by the Personal Independence Payment, which will take into account the cost of any aid to daily living, like a wheelchair or help in getting dressed, when deciding the level of payment. It's said people are not oppressed until they feel oppressed. As a movement, we haven't really expressed our oppression by the state and those in authority. Perhaps it's time to start expressing that oppression by coming together to learn from each other, and to give solace and support to each other. Perhaps all of us should come together to say to governments, at local level as well as in Edinburgh and London: "Wait a minute; haven't we got rights too?"

Haven't we got the right not to be treated in an inhumane and degrading manner? Haven't we got the right to exercise our citizenship and participate in the lives of our families and communities? Why are you denying us the opportunities and resources to exercise those rights? If we're all in it together, as you keep saying, don't put us in it more than others."

We need to come together, because only then will those in power take us seriously enough; and the Government's proposed attack on our well-being and quality of life, through cuts to our welfare, may well be cushioned.

FIFE INDEPENDENT DISABILITY NETWORK MEETING

Fife Independent work Meeting on bauchlie Hotel, will be Ian Jones South Fife Area Counselling for All disabled peo-

welcome to attend. The meeting is free, the venue is wheelchair accessible, there will be a loop system in place.

If people would like to know more about the Disability Network, they can contact Muriel MacGregor, Office Manager at

Disability Network are to hold their Net-Wednesday the 27th July at The Pit-Aberdour Road, Dunfermline. Speakers Lead Officer, Roads Management, and Ian Fuller, Co-ordinator, Telephone Disabled People.

ple and their carers or advocates are

FIFE INDEPENDENT DISABILITY NETWORK AGM

FIDN's Annual General Meeting is Wednesday 14th September 2011. For full details contact Muriel MacGregor, Office Manager

Tel: 01592-203993

Mobile (SMS Text only) : 07841504318

Email: muriel.macgregor@fidn.co.uk



CHANGE AHEAD FOR BLUE BADGE SCHEME

The application process for Blue Badges is set to go on line, cutting processing time and reducing Blue Badge fraud.

Government chiefs believe that the online process will help stamp out fraud – almost half of the 2.5 million Blue Badges in the UK are used by people who don't need them – and take pressure off local authorities who currently manage the scheme. Online applications will be open from 1st January 2012.

The government is also encouraging supermarkets to crack down on drivers who park in disabled spaces without a Blue Badge. Aldi, Marks and Spencer, Morrisons, Sainsbury's, Tesco, Waitrose and Lidi have agreed to be harder on offending drivers, with £80 on-the-spot fines for illegal parking and customers being encouraged to report any drivers breaking the rules.



DRAGGED WHEELCHAIR PROTESTER: POLICE CLEARED

Scotland Yard has said that officers from the Metropolitan Police were justified in removing a man from his wheelchair during London Protests against tuition fees in December. The decision was announced in May after an internal investigation. 20 year old Jodi McIntyre who has cerebral palsy was removed twice from his wheelchair during the protest and also struck by a baton. Video footage shows him being tipped from his chair and forcibly dragged along a road while his brother, pushing his wheelchair attempted to come to his aid.



Jodi McIntyre (centre) said he was hit with a baton and dragged across a road in central London

The investigation found the officer's actions were based on the perceived risk to Jodi and that the baton injury was "inadvertent". Mr McIntyre believes the findings are "shockingly poor", adding: "Any person with any ounce of logic or morality would be able to quite easily work out that the best way to move a disabled person is not by pushing them out of their wheelchair". He Met is developing guidelines on the most appropriate way to move a wheelchair user, should the situation arise again. Is it not time that these investigation were carried out externally in order that a fair conclusion is reached.

Scope launches online forum for young disabled people

The charity already hosts a number of active forums on its site primarily geared towards parents of disabled children and disabled adults. This forum will be the first aimed at young disabled people aged between 10 and 18 years.

The forum was established in response to an increase in the number of calls the charity's free information and advice helpline, Scope Response, had been receiving about young disabled people who are feeling isolated, different and misunderstood. Jacqui Piper, co-ordinator at Scope, said:

"Many teenagers find it difficult to talk to their parents about their feelings and disabled teenagers are no different. Increasingly we're hearing about young disabled people who feel frustrated and angry at being misunderstood. We wanted to create a safe space for them to come together, to share their experiences, find information and talk through issues they are experiencing with their peers."

About Meeting Point, Jhon Bateman, aged 13 said: "I think it will be good as it's an instant way of communicating with other people of a similar age. Even if you're ill because of your disability you would still be able to talk to people."

For more information, please contact Amisha Korla in the Scope press office on 020 7619 7200 or email amisha.korla@scope.org.uk

Meeting Point can be found www.scope.org.uk/meetingpoint

It is a closed forum that requires registration and parental consent.

<http://www.scope.org.uk/news/meeting-point>

Why we are Failing Disabled People

On 7 June 2011, Katherine Quarmby's new book 'Scapegoat' on Hate Crime was launched at an event co-hosted by Radar, the Department of Health and Portobello Books.

In her book, Katherine looks behind the headlines to trace the history of disability and society's discomfort with disabled people, from Greek and Roman culture through the Industrial Revolution and the origins of Britain's asylum system to the eugenics movement and the Holocaust, the introduction of 'ugly Laws' in the US and the unintended consequences of Britain's poorly planned community care initiative.

Katherine also writes about the rise of the disability rights movement, independent living and the fight for equal rights. She has interviewed many key disabled people working on disability rights and hate crime for the book, including Stephen Brookes, Anne Novis, Ruth Bashall, Baroness Jane Campbell, Bert Massie, Ann Macfarlane, Tom Shakespeare, Rachel Hurst and many others, as well as key police officers and prosecutors.

Radar News

How CHPs have failed the third sector

**Comment, Spotlight on Holyrood —
By JMorrison on June 9, 2011**

Helen Tyrrell discusses how to better develop the role of the voluntary health sector.

It is when easy reviewing Audit Scotland's Community Health Partnerships (CHPs) report from a third sector perspective to become despondent.



Not only does the report contain virtually no mention of the potentially valuable contribution of the third sector to the overall aims of CHPs, but the deficiencies in CHP working which the report highlights mirror the third sector's own experience. It identifies that approaches to partnership working have been uncoordinated, with CHPs building on preexisting partnerships and failing to demonstrate good local relationships, shared commitment and clear sense of vision. CHPs' governance and accountability arrangements are complex and not always clear to all partners and the report calls for a more joinedup approach to planning and resourcing, with a clear understanding of the total resources available.

Commitment is needed to ensure that health and social care resources are used efficiently. This should be underpinned by a comprehensive understanding of the shared resources available.

All this is thwarting the continuing efforts of the third sector to make a difference to partnership working, tackle health inequalities and provide anticipatory care, against a background of increasing emergency admissions and little denting in health inequalities.

Since 2002, Voluntary Health Scotland (VHS) has assisted with policy development and capacity building in relation to CHPs – and their precursors. Two Advice Notes and an interpretation of the Guidance relating to the third sector for CHP managers were produced to assist with local partnership working; regional and national events have been held for the third sector and statutory partners and a programme of support for local intermediary bodies.

Despite these initiatives, which have been funded by Scottish Government and NHS Health Scotland, the third sector remains on the fringes of CHP activity. Over the last four years, VHS has carried out three significant pieces of research into the experience of local third sector and statutory sector engagement. The results continue to highlight persistent difficulties.

While there is a place for the third sector on the governing committee of CHPs (still taken up most often by CVS/Interfaces) and for local carers and advocacy groups through the Public Partnership Forum, there are no resources available to fund representation and participation.

Local third sector organisations can have difficulties in justifying their involvement at CHP Committee level in relation to their organisational purpose and many find

that they can exert greater influence by joining existing “thematic groups” eg. local NHS led mental health working groups or health subgroups.

Because CHPs have limited powers to transfer funds and commission services, the third sector is often relegated to delivery mode only, and while this is of key importance, it does not achieve the kind of partnership to which the third sector aspires.

Where funding for the third sector is still available from the NHS, it is largely disbursed through NHS Boards rather than through CHPs and there is limited interest in models other than grant funding. Still, greater resources for health improvement are made to the third sector by local authorities than by NHS Boards. Third sector engagement in local policy development and implementation is still largely at the level of consultation – engagement is slightly more effective where statute or regulation requires the third sector to be there – the recent fairly positive Change Fund experience has, however, provided a hopeful sign.

Despite the third sector being positioned as one of eight “high impact” areas within Shifting the Balance of Care, there is little evidence that its strengths are being deployed to avert crisis hospital admissions for older people and those with longterm conditions.

We must, however, look to the future, where there is some light. VHS will be working with local interfaces in the Highlands to support third sector inclusion in the lead commissioning model that is being taken forward by NHS Highland and Highland Council.

Voluntary Health Scotland will also be following the East Renfrewshire model and building on local Interfaces’ experience of the first year of the Change Fund to support further local capacity building.

As Equally Well moves into its second phase, VHS will work with the national leads to ensure that key approaches to tackling inequalities – community development, volunteering, developing social enterprise – are embedded in the work of local test sites.

However, it is through Reshaping care for Older People, perhaps more than in any other programme area, that the third sector must take the lead on demonstrating the significant difference that it can make to this most critical area of health and social care need at local level, integrating action in person-centred response.

Chair's pledge on human rights enquiry

Monday, 27 June 2011

Chair's pledge on human rights enquiry

A disabled peer has put human rights at the heart of a parliamentary committee’s investigation into the impact of Government cuts, reports Sunil Peck

The Government will not be able to duck the findings of an inquiry into whether its policies are undermining disabled people’s right to live independently, the chair of an influential committee of MPs and peers has said.

Speaking to Disability Now after launching the inquiry, Hywel Francis MP (pictured), Chair of the Joint Committee on Human Rights, said that the inquiry had been

undertaken at the behest of one of the committee's members, Baroness Jane Campbell.

"We considered very seriously the impact of the spending review on the human rights of disabled people. Rather than start an inquiry last Autumn, we decided to delay it until now when we felt that we would be able to have a more accurate picture from people across the country as the changes and cuts began to have an impact."

The inquiry, which has been accepting written evidence since February, is significant because it represents the first high profile parliamentary scrutiny of the impact of Government policy on disabled people in the context of human rights.

Speaking at the first public evidence session were representatives from the United Kingdom Disabled People's Council, Disability Alliance, RADAR and the National Centre for Independent Living.

They told the committee that the closure of the Independent Living Fund, welfare cuts and slashed social care budgets were creating barriers to disabled people's right to live independently, a right set out in the United Nations convention promoting human rights for disabled people which has been ratified by the UK Government.

The Government must respond once the inquiry's findings have been published. But it will not be under any obligation to implement any recommendations. Given the Government's apparent unwillingness to listen to the vociferous protests of disabled people's campaigns so far, does Hywel Francis understand why some might be sceptical about what the inquiry might achieve?

"I do appreciate that scepticism, but I do have to say that governments historically have always paid attention [to our committee]. The very fact that important evidence is being given by the people who are at the sharp end is something that any government must respond to. We recently published a report on policing protest and we gathered evidence from the Metropolitan Police and students' unions and the Government, I think, valued what was gathered. Constructive criticisms were made and they have paid attention, as have the police."

The inquiry will be calling ministers from England and the devolved administrations to give evidence. Hywel Francis is also keen for submissions from disabled people.

•To see the terms of reference for the inquiry and for details on submitting evidence, visit parliament.uk/business/committees/committees-a-z/joint-select/human-rights-committee/news/independent-living-inquiry-launch/



Hywel Francis MP , Chair of the Joint Committee on Human Rights,

[Disability Now](#)

The website we have been developing might be of interest to you and your visitors:
www.counselling-directory.org.uk

The purpose of the site is ultimately to provide the UK with a huge counselling support network, enabling those in distress to find a counsellor close to them and appropriate for their needs. This is a free, confidential service that will hopefully encourage those in distress to seek help. The website also contains a number of sections on emotional disorders (types of distress section) and provides some useful statistics. Every counsellor on the site who has submitted their profile has either sent a copy of their qualifications and insurance cover to us, or is registered with a professional body online with recognised codes of ethics and practice, this way we can be assured of their professionalism.

I think our site could be a useful resource for those looking for support or general advice about counselling. Jennifer Froggatt

Email: jennifer@counselling-directory.org.uk

Website: www.counselling-directory.org.uk

Telephone: 0844 8030 234



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Is It only for wheelchair users? NO

- Speak to us for clarification, but you are entitled to use a Radar accessible toilet if you require assistance in toileting, have a visual impairment etc.

USEFUL TELEPHONE NUMBERS

Inclusion Scotland

Tel 0141 887 7058

Info@inclusionScotland.org

Fife Advocacy

Tel: 01383 511155

enquiries@fifeadvocacy.org

**Scottish Disability Equality
Forum**

Tel: 01786 446456

general@sdef.org.uk

Citizens Advice & Rights Fife

Tel: 0845 1400 095

www.cas.org.uk/

NHS/Fife Health Council

Tel: 0800 587 4008

www.scottishhealthcouncil.org

**Equality & Human Rights
Commission**

Tel: 0845 604 5510

scotland@equalityhumanrights.com

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

**If you have any relevant
information you like to share,
please contact the Office.**

Scottish Charity No: SC 026112

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

Consumer Direct

Tel: 08454 04 05 06

Citizens Advice & Rights Fife

Tel: 01334 412845

Energy Saving Trust

Tel: 0800 512 012

Care and Repair

Tel: 01592 631661

Fife Police Non-emergency

Tel: 0845 600 5702

Fife Core Paths

Email: craig.gilbert@fife.gov.uk

All Articles are presumed to be correct, but the Fife Independent Disability Network takes no responsibility for any inaccuracy's of Articles in this newsletter. The views expressed in these articles are not necessary the views of Fife Independent Disability Network



What is IA?

IA is a national support group for people with ileostomies and internal pouches.

- Listen
- Inform
- Support

Established in 1956 as the Ileostomy Association by a group of people with ileostomies and some members of the medical profession, the organisation now has 54 member organisations in the UK and Ireland. These local groups are: managed by volunteers, most of whom have an ileostomy or internal pouch.

<p><u>Ileostomy</u> Certain Inflammatory bowel diseases such as ulcerative colitis or Crohn’s disease, sometimes cause such damage to the large intestine (colon) that it becomes necessary for this to be removed. The lower end of the small intestine which is called the ileum is then brought out through the abdominal wall, forming an ileostomy, so that bodily waste matter can be collected in an externally attached bag.</p> <p><u>Ileo anal pouch</u> With the advances in modern surgical techniques some people now have an internal pouch formed. This surgery involves removing the colon and rectum and a reservoir (pouch) is constructed from small intestine. A temporary ileostomy may be necessary whilst healing of the pouch takes place.</p>	<p><u>Temporary ileostomy</u> This is often referred to as a ‘loop’ ileostomy, as it is formed by bringing a loop of small intestine out onto the abdominal wall. A temporary ileostomy may be formed to enable an ileo-anal pouch to heal, or to allow a join between two ends of large intestine to heal, when a section of intestine has been removed, most commonly for bowel cancer.</p> <p><u>What does IA do?</u> Listen-Inform-Support Although major surgery of this nature, with a change of bodily function, will disrupt a person’s lifestyle, especially if the illness has lasted for many years, recovery will often be assisted by contact with people who have been through a similar experience.</p>	<p>The following core activities are provided by IA for people of all ages with an ileostomy or internal pouch:</p> <ul style="list-style-type: none"> • Visiting • Members’ meetings • IA Journal • Website • Young IA • Internal Pouch • Advisory services • Medical research <p>IA’s core objectives are to help those facing these operations to return to a normal active lifestyle as soon as possible after surgery. IA is totally funded by donations and subscriptions and most of the 10,000 members have either an ileostomy or an internal pouch, allowing us to use the ‘because we know, we care’ strapline with confidence.</p>
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My name is **Betty McNeil** and I am secretary of the Fife IA Support Group. We meet three times a year at The Staff Club, Victoria Hospital, Kirkcaldy. Our members consist of people who have ileostomies, pouches, colostomies and urostomies. We also have members who are family or friends of our ostomists and come along to support them. Our meetings are very informal and friendly with lots of talk and discussions. Everyone is welcome.

If you wish to find out more about the Fife IA group please contact me at the address, telephone or e-mail below. I will be more than willing to help with information or support.

Mrs B McNeil
117 Primrose Avenue
Rosyth Fife KY11 2TX
Telephone 01383 416320

E mail betty.mcneil@talktalk.net

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Our invaluable NKS Guide is now available as a smartphone app:

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The NKS Guide on your smartphone

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www.apple.com/iphone/features/app-store.html

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SUPPORTED AND ACCOMPANIED HOLIDAYS ON THE COSTA DE LA LUZ



At SA-Holidays we provide fully inclusive individually tailored holidays for individuals who prefer to have one-to-one support whilst on holiday. Our aim is to offer all that is available in this very beautiful and un-spoilt part of Spain and to accompany and support our guests in order that they have a wonderful and memorable experience.

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For detailed information go to www.sa-holidays.co.uk

Or email philip@sa-holidays.co.uk

Please Send in Letters or comment's that may be of interest to FIDN readers to the FIDN office (address on page 12). Please state for Newsletter!

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

FIDN Website

Only FIDN Member`s now get the new editions of the FIDN newsletters but previous editions of the newsletters plus lots more information can be viewed on our website.

www.fidn.co.uk

Class 3 Scooters (invalid carriage) must be by Law Road Taxed

Recently while I have been out and about on my scooter I have met with and talked to others who were out on theirs, a question that sometimes comes up is, "can your scooter do more than 4 miles per hour and if so do you know that by law it must be roads taxed", in some cases these people do not know this and this is not always their fault they tell me that the shop they bought it from did not tell them (In my case when I bought my scooter I was told by the shop).

To road tax your class 3 scooter (invalid carriage) does not even cost you anything, it's free. A class 3 scooter is by law classified as an invalid carriage and is exempt from the road tax fee.

If you don't tax or SORN your vehicle. You could face an automatic penalty of £80 as well as a minimum fine of £1000.

You may think but I only use it on the pavement and set at no more than 4 mph, well it does not matter if you even have it set at 1 mph a class 3 has the capability of doing 8 mph (though if the motor its self has been limited to 4 mph or under I don't now about that, that might make a difference).

By Robert a Hunter

If Only I'd Known that A Year Ago 2011

An information-packed guide to the services, welfare rights and facilities to help people living with ill-health, injury or disability participate fully in every aspect of life. Written by and for people affected by ill health, injury and disability, this book presents many opportunities to negotiate for change to give choice and control back to your life and work as a partner, a parent, a friend and an active member of your community.



This book signposts to valuable support and specialist information on Independent Living including equipment, housing, community care, Information Technology and carers. The Times of Your Life from childhood to later years covering education and skills, relationships and life events. A chapter on employment and support covering work, careers and benefits. A Rights and Justice area covering discrimination, reporting disability hate crime, legal and consumer services, advocacy and decision making. A Travel and Leisure section with specialist information on motoring, public transport, holidays, public toilets and potential leisure activities. Finally a chapter on health covering health services, mental health and wellbeing.

RADAR: 12 City Forum, 250 City Road, London, EC1V 8AF.

By phone: 020 7250 3222 - **By fax:** 020 7250 0212 - **By minicom:** 020 7250 4119 - **By email:** radar@radar.org.uk

Improved Transport Rights for Disabled People

Disabled people throughout the EU set to benefit from new rights when travelling on buses or coaches

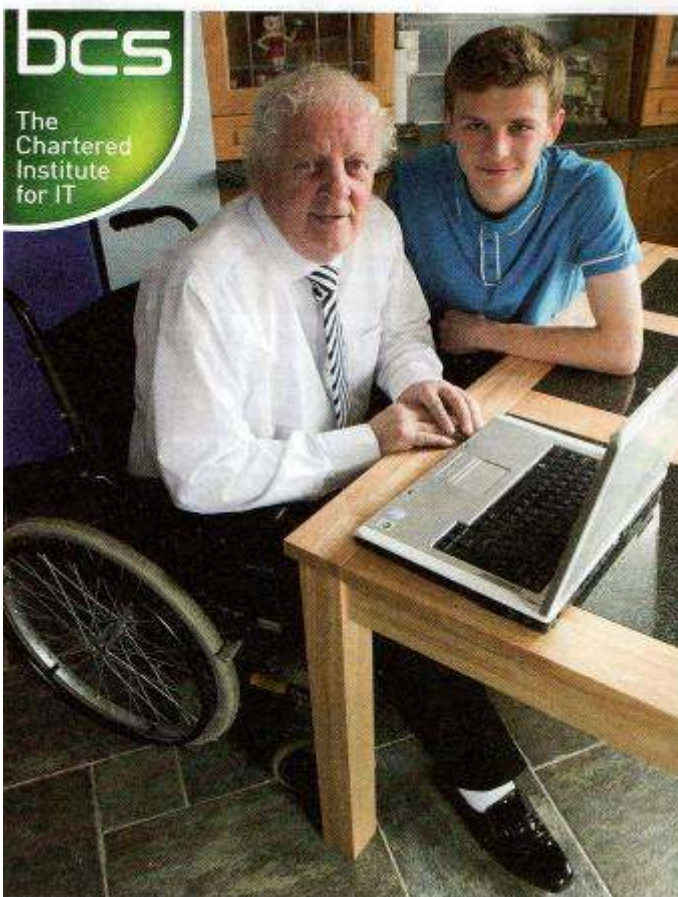


New European Union rules mean that all bus drivers of both standard and wheelchair accessible vehicles will be required to undertake disability awareness training. In addition travel information will be made more accessible for all before and during travel. Carers, or others who travel to assist disabled people will also now be entitled to free transport where necessary. The new guidelines also mean that for longer journeys, disabled passengers will be entitled to free assistance when at stations and on board vehicles.

Inclusion

Guy Parckar, acting director of Policy and Campaigns at Leonard Cheshire Disability, said "Restrictions when using transport are among the biggest barriers to social inclusion for disabled people. This change should help to build a transport network that is more user-friendly and accessible."

The new rules, which apply to all public bus services will come into effect from 2013. However, for the rights to apply, disabled passengers should inform travel companies of their intention to travel 36 hours in advance. This aspect of the new rules will still disappoint many disabled people



Enabling the
information society

IT CAN HELP

Trouble with your computer?

Free assistance for disabled people

Freephone (and Minicom): 0800 269 545
or email: help@itcanhelp.org.uk

If you have a disability and need IT help, we will respond as quickly as we can. We are able to solve most issues by visiting disabled adults in their homes.

Requesting help is simple; it can be done by phone or email; there are no forms to complete.

Our volunteers are recruited with care and all have undergone enhanced disclosure checks. Each volunteer carries an IT Can Help identity card.



Telephone counselling
for disabled people
by disabled
people led
people

call our
appointment line on
0808 801 03 62
Free, confidential counselling
for disabled people
in Scotland



Contact the Your Call appointment line

from Monday until Thursday between 11am and 3pm on

0808 801 03 62

Calls are free from home telephones and from most mobile networks
The number is withheld and will not appear on your phone bill.

This information is available on request in a range of formats including:

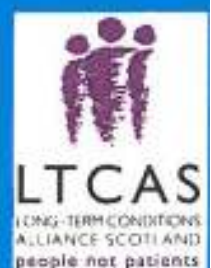


Outside our opening hours you can leave a message and someone will get back to you. If you need to contact someone right away you can contact:

- **Samaritans-** National telephone number: 08457 90 90 90.
Textphone number 08457 90 91 92
- **Your own doctor**
- **NHS 24-** National telephone number: 08454 24 24 24.
Textphone number 18001 08454 24 24 24.
- **Breathing Space-** Freephone 0800 83 85 87(6pm to 2am
Monday to Friday; 24 hour service at weekends)

Your Call is one of the services provided by the Lothian Centre for Inclusive Living (LCiL), and is funded by the Long Term Conditions Alliance Scotland (LTCAS).

LCiL is a charity registered in Scotland No. 199392



Pavement parking positive news and case studies

Joe Fitzpatrick MSP has officially declared his intention to pursue a Members' Bill on pavement and dropped kerb parking. Joe is extremely keen to receive examples of how thoughtless parking directly affects individuals and their ability to get about their daily business.



It will be particularly powerful to provide examples of where people are not just having to move into the road to get past a parked vehicle but where they physically cannot get to their destination due to parked vehicles providing a barrier. If you, or someone you know, is affected in this way, please forward details via email to me -

keith.iring@livingstreets.org.uk or telephone 0131 243 2645.

Inclusion Scotland

Community Research Opportunity

The Poverty Alliance is looking for a rural based community group to engage with a piece of community research starting in October 2011.

The aim is to engage with and involve people with direct experience of poverty in a piece of **fully participatory** research where the community group will identify the issues, carry out the research and present the findings. Groups will be supported by the community research officer who will provide full training and continuous ongoing support.



The research will provide an evidence base that will feed into our Evidence Participation Change project (EPiC) to influence the development of anti-poverty policy within Scotland.

If you would like to know more about this opportunity, then please get in touch with Fiona McHardy Community Research Officer on 0141-353-0440 or email fiona.mchardy@povertyalliance.org

Inclusion Scotland