



**Enfield Disability Action**

**Newsletter**



# Enfield Disability Action

## ENFIELD DISABILITY ACTION MEMBERSHIP FORM

I / We wish to become a member of Enfield Disability Action and enclose the annual membership fee of:

Free- individual membership for disabled people and their carers.

£5 – group membership for disability / carer groups

£5 – associate individual membership

£10 – associate group membership

Please state if you are:

a disabled person

a carer

(please tick which of the above is applicable)

Name \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

Tel. \_\_\_\_\_

Fax \_\_\_\_\_

Textphone \_\_\_\_\_

Organisation \_\_\_\_\_

Jacqui Slater  
Janet Drinkwater

James Finch  
Anthony Kralik  
Maruf Torkmani  
Tracey Anang  
Martin Randall

Tel. 020 8 373 6228  
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0208 373 6239  
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Tel. 020 8 373 6330

Tel. 020 8 373 6226

Tel. 020 8 373 6353

Tel. 020 8 373 6237  
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Tel. 020 8 373 6349  
Tel. 020 8 373 6235  
Tel. 020 8 373 6252

Tel. 020 8 373 6345  
Tel. 020 8 373 6345  
Tel. 020 8 373 6227  
Tel. 020 8 373 6345

Tel. 020 8 373 6222

Board of Directors

**Chair**  
**Vice Chair**

**Director**  
**Director**  
**Director**  
**Director**  
**Director**

**Enfield Disability Action**  
Main Office

**Disability Information and Advice**  
Project  
General  
Benefits

**Enfield Advice Plus Partnership**  
Project

**Community Forum for People with Learning Difficulties**

**Advocacy Project**

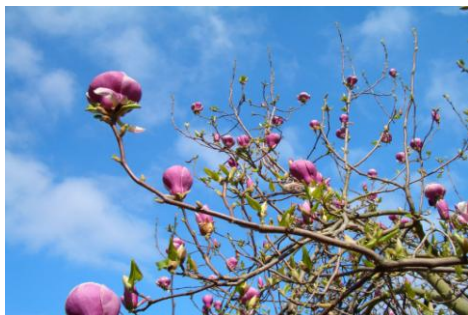
**Deaf Project**

**Direct Payments Support Service**

**Independent Living Project**  
**Occupational Therapy Action Group**  
**Wheelchair User Forum**  
**Transitions Project**

**CancerLIFE Project**

# Spring update from Barbara Litchfield



**S**pring at last! Around Enfield the magnolia trees have burst into life with great white or purple flowers after months of grey shrouded buds braving the wind, the frost and the cold rain. It seems to have been winter for such a long time. With the change in weather we are also facing changes because of the elections for Enfield Council and the Government. What this will mean for EDA and disabled people is impossible to predict but with the difficult economic climate it is hard to be optimistic.

But optimistic we are, the sun is shining, the temperature is moving slowly higher and, who knows, we may actually get a summer this year. Just in case, DIAP have updated the **Holiday Information Pack**, available on request to 020 8373 6239. It would also be nice if the sun was shining for a **day out for EDA's lovely volunteers** who really deserve a break. Karen, in DIAP, is consulting with all the project managers to find a really great place that all the volunteers would enjoy, be able to travel to easily, has good disability access and facilities and is within the budget. Not an easy task but we are working on it! If you know of somewhere that you have enjoyed and might be suitable please let us know.

EDA is planning a **recruitment drive for new members** this year and also for new **Board members**. Our ambitious plans for the future developing a Centre for Independent Living means we need more Board members with the skills and motivation to become actively involved in shaping and managing EDA for the future. To be a Director you must be a full member of EDA. We offer training and current Board members are ready to provide a warm welcome.

Later this year EDA is planning an on-line opportunity for members to comment on consultation documents, local services and to raise issues that are important to them, as disabled people. Some of the issues we already know people feel strongly about are Abuse and Hate Crime, Transport (as always) pavements and dropped kerbs and disability access. Do you have an email address and if so, would you be interested in being involved in this way? Let us know by sending us an email. For non email users, not to worry, we shall still send you a newsletter via the post.

Through the Council's **Future Jobs Fund** programme we have funding for six months for **two new posts for young disabled people** who will help us with the membership drive and in updating our website. We hope to recruit and have these young people in post during June.

What else is happening? Like a number of voluntary groups, EDA is waiting for the Enfield Council and Primary Care Trust Funding Review interviews that will determine our funding for the future. Unfortunately this Review has taken longer than anticipated but in the meantime our **funding has been extended to March 2011**. The LBE/PCT review should be completed this summer and EDA is looking forward to being able to plan more effectively for the future.

If we are going to improve on last year's really great **Annual General Meeting**, more of a party for EDA's 21<sup>st</sup> but we did get through the business agenda, we need some really good ideas for this year. We are planning an earlier date to catch the better weather and lighter evenings although November was kind to EDA on the day last year. Any suggestions for a theme or a speaker would be welcome for a date sometime in September.



by Dennis Spitz

## The Handyperson Service

DIAP frequently receives calls from service users who need some small job done around their home. The Handyperson service can carry out minor repairs and small practical tasks including:

<ul style="list-style-type: none"><li>➤ Fixing external and internal hand rails installing and adapting outside steps</li><li>➤ Moving furniture</li><li>➤ Securing loose carpets, rugs and mats</li><li>➤ Fixing second locks, spy holes, security chains</li><li>➤ Small gardening and decorating jobs (no more than 2 days can be offered)</li></ul>	<ul style="list-style-type: none"><li>➤ Plumbing: The Service can help with plumbing jobs such as changing taps, installing shower units, plumbing in kitchen appliances, repairing leaking taps or pipes and most other small plumbing jobs</li><li>➤ Electrical: The Service can also help with changing fuses, installing switches and sockets, installing intercom systems, replacing light fittings and replacing elements in fires and immersion heater</li></ul>
The above jobs are charged individually at a minimum of £15 per hour plus the cost of materials	The above jobs are charged individually at a minimum of £25 per hour plus the cost of materials

The Service does **not** offer window cleaning, loft clearance or outside work from ladders. However, if you need a job that has not been listed above then please contact the Service.

The Service is available to any vulnerable person aged 18 and over who meets their eligibility criteria. Staff of the Handyperson Service carry ID badges and are CRB checked.

Please contact:

Handyperson Service, Unit 2, 2E Vincent House, Nags Head Road, Enfield EN3 7FN

Tel: 0208 375 4115



### Are you still experiencing problems with the DWP Stratford Office?

If you are applying for or receive Social Security benefits such as Employment & Support Allowance (ESA), Income Support, Incapacity Benefit or Job Seekers Allowance, then your claim will be dealt with by the Stratford Office of the DWP.

Many of DIAP's service users continue to face very considerable problems in getting their queries or problems resolved by the Stratford Office. Such problems invariably cause service users much worry and distress and they often experience long delays in obtaining their benefit payments.

If you are one of the unfortunate people experiencing the problems described above and do not know what to do, the please contact DIAP promptly for help, advice and support in resolving your benefit problems.



# CancerLIFE Project

Our recent display at Palmers Green library was to promote Prostate Cancer Awareness and Ovarian Cancer Awareness month in March. We were delighted with the public interest in this information as 230 leaflets were taken from the display during the month.



Prostate problems **only affect men**; prostate cancer is the most common cancer in men in the UK; 35,000 men are diagnosed with prostate cancer every year in the UK so it is important to be aware of the main signs and symptoms.

The main types of prostate problems are:

- A non-cancerous enlargement of the prostate (called Benign Prostatic Hyperplasia – BHP) this the most common problem
- Inflammation or infection of the prostate – prostatitis
- Prostate cancer

Each of these problems can cause very similar symptoms; the most common signs are:

- Needing to urinate more often, especially at night
- A weak urine flow
- Difficulty passing urine
- Feeling that the bladder has not emptied properly

If you have any of these symptoms you should visit your GP to find out what is causing the problem. Additional information is available via:

- Prostate Cancer Charity      0800 0748383      [www.prostate-cancer.org.uk](http://www.prostate-cancer.org.uk)
- Orchid      020 7600 1155      [www.orchid-cancer.org.uk](http://www.orchid-cancer.org.uk)

Ovarian cancer affects around 6,800 women a year in the UK. Awareness of ovarian cancer is poor and symptoms of can be very vague, so it is important to know what they are:

- Persistent pelvic or abdominal pain (tummy and below)
- Increased abdominal size, persistent bloating – not bloating that comes and goes
- Difficulty eating or feeling full quickly

Because these symptoms can be quite common for women it's important to note that they would be:

- Frequent – most days
- Persistent – don't go away
- New – not normal for you and may have started in the last 12 months

## **A smear test will NOT detect ovarian cancer**

It is advisable to talk to your GP about symptoms that are new for you and seem to come from nowhere, also tell your GP if you have two or more close relatives that have had ovarian or breast cancer. The sooner it is diagnosed the easier it is to treat! Additional information is available from:

- Ovacome      0845 371 0554      [www.ovacome.org.uk](http://www.ovacome.org.uk)
- Target Ovararian Cancer      020 7923 5470      [www.targetovarian.org.uk](http://www.targetovarian.org.uk)
- Ovarian Cancer Action      020 8238 7605      [www.ovarian.org.uk](http://www.ovarian.org.uk)

## **What else have we been doing?**

**Adults with learning difficulties** - The 6<sup>th</sup> year of our Living a Healthy Life programme is now underway; this year we have 24 adults with learning difficulties taking part in 12 fortnightly sessions covering healthy eating, healthy living, cancer awareness, heart disease and diabetes. The monthly health drop-ins at Community House and Radiomathon continue to be very busy. We are also running monthly health awareness sessions with Community Link Women's Group for ladies with learning difficulties as well as

occasional talks for One to One's new Women's Group. Recently we have worked with the Mencap Opportunity Centre providing information about breast awareness and heart health.

**EDA's Deaf Project** – CancerLIFE now has a monthly slot at the drop-in for BSL users based at the At Home Centre. This is a more informal arrangement where we are able to provide information about cancer in a more accessible format or run DVD's that are fully sign interpreted about breast, cervical and bowel screening along with information about the prostate or general breast awareness as appropriate.

**CancerLIFE Drop-ins** - Our friendly drop-ins are open to anyone living with cancer, their families or carers. They give you the chance to relax, meet other people, access information including benefits advice and to try taster sessions of complementary therapy given by our experienced therapists. Drop-in dates for the next few months are as follows:

**Community House**  
311 Fore Street, Edmonton N9 0PZ  
10.30am until 1.30pm

Monday 12<sup>th</sup>, 26<sup>th</sup> April  
Monday 10<sup>th</sup>, 24<sup>th</sup> May  
Monday 7<sup>th</sup>, 28<sup>th</sup> June

**Park Avenue Disability Resource Centre**  
65c Park Avenue, Enfield EN1 2HH  
10.30am until 1.30pm

Thursday 8<sup>th</sup> April  
Thursday 13<sup>th</sup> May  
Thursday 10<sup>th</sup> June

If you would like more information about our activities or would like to be added to our mailing list, please telephone Deanna on 020 8373 6222 or email [can@e-d-a.org.uk](mailto:can@e-d-a.org.uk) **Deanna Rogers**



## Advocacy Project

by Liane Burn

It continues to be an interesting and busy time on the Advocacy project. Individual and group Advocacy is still being provided to people with disabilities living in Enfield and work is commissioned on an ongoing basis by statutory, private and voluntary sector providers. 2010 will be an interesting and challenging year with the personalisation agenda developing and advocacy becoming more relevant, this highlights the need for Enfield to develop a robust Advocacy strategy.

**Personalisation and Individual Budgets** will be ongoing areas for discussion and service users feedback will become increasingly relevant to self directed support and service provision. Further updates and information on personalisation and advocacy will be available next year and there will be regular updates in EDA's newsletter. If you have any comments or queries regarding Advocacy or Personalisation please contact me at the project.

### The Autism Act

A new and relevant piece of legislation the Autism Act received Royal Assent on 12<sup>th</sup> November and places a duty on the government to prepare and publish a strategy by 01/04/2010. The strategy will aim to meet the needs of adults in England with autistic spectrum conditions, by improving the provision by local authorities and the NHS. Guidance will be issued by 31<sup>st</sup> December to Local Authorities and the NHS and they will have a duty to act on this guidance.

The Department of Health recently ran a consultation exercise with Local Authorities and the NHS giving them an opportunity to comment on the priorities for the strategy. It is anticipated that the strategy will be published before the 1<sup>st</sup> of April and then a national consultation exercise will be launched. The dissemination and uptake of the strategy and statutory guidance will be supported with a clear delivery plan to raise-awareness of the autism agenda. The strategy will establish autism as a cross-cutting issue and reinforce good practice. This is an interesting development as it is the first example of legislation that is disability specific.

# Independent Living Project

by Liane Burn

The last few months have been busy on the Independent Living Project with work continuing to ensure that individuals have a positive experience of independent living. The project provides information and support so that individuals are keyed into services that improve independent living. The project also facilitates user involvement by working with service providers to ensure that disabled people's views are heard and taken into account. Information on local services is available from the project by appointment, telephone or email.

I have attended a variety of events and meetings including The Physical and Sensory Disabilities and HIV/AIDS Partnership Board, The Transition Implementation Group and the Integrated Community Equipment Steering group. Much of the discussion at these groups has been with regard to Personalisation and Individual Budgets and input into these groups ensures that disabled people's views on Personalisation are heard and incorporated as the personalisation agenda develops.

The Visual Impairment Sub Group has also continued to meet regularly and discuss issues relevant to people with Visual Impairments. Service Users, Enfield Vision and Enfield Association for the Blind contribute to the meeting and discussions are fed back to the partnership board.

## RNIB Campaign briefing: Losing Patients



The Royal National Institute for the Blind have launched a campaign called '**Losing Patients**'.

The campaign came into being as RNIB research has shown that health information provided by the NHS is not accessible to service users. The campaign aims to secure accessible information from the NHS for people with visual impairments and to heighten awareness and recognition across the NHS.

If you would like further information regarding the campaign a resource pack is available:

- from the RNIB website: [rnib.org.uk/losingpatients](http://rnib.org.uk/losingpatients) or
- from the campaign hotline **020 7391 2123**



L\_172\_VS\_Variation 2 PMS 273 PMS 743 PMS 226 PMS 2617 PMS Blue 072 PMS Black

## Freedom Pass

This information is relevant to all new older person's Freedom Pass applicants who are applying after 6<sup>th</sup> April 2010.

- Women are eligible for the Freedom Pass from the day they become eligible for the state pension.
- Men are eligible for the Freedom Pass the day they reach the pensionable age of a woman born on the same day.

This means the earliest date on which you can get your Freedom Pass will depend on when you were born and, if you were born on or after 6<sup>th</sup> April 1950, this date will be later than your birthday.

To work out your pensionable age you can use the calculator by going on the Directgov website. A table has been produced showing when you will be eligible for a Freedom Pass.

# Independent Living Project continued

by Steve Brett



## Changes to Dial-a-Ride

EDA was advised in early February by Enfield Wheelchair Services that Dial-a-Ride (DaR) was no longer providing transport for wheelchair users to the St. Michael's site. It has been custom and practice for some years that bookings to St. Michael's were accepted. DaR was contacted and it was requested that bookings be accepted as they have been in the past.

DaR's reply was not encouraging. It said:

- The basic guideline was that DaR do not take individuals to hospitals
- A "full policy" exists to prevent DaR from providing transport if there is a statutory provision already in place. Individuals could use the NHS's Patient Transport Service (PTS)
- Some people were slipping through the system but DaR were improving their filtering system to stop these "incidents" happening
- People could be encouraged to use public transport (they did not know the buses were fully accessible or lacked confidence to use it) by using Transport for London's Traffic Mentoring Scheme.

EDA pointed out that:

- The fact that PTS exists did not mean wheelchair users would automatically be entitled to it. There has to be a "medical need" for transport.
- The government's policy is for integrated transport services i.e. the transport of local authorities, the NHS and DaR should be aggregated to provide a unified service. So why have an internal policy that contradicts this approach?
- The Mayor for London is concerned about the increased demand on DaR but will support the organisation to provide transport for people with mobility problems. So why withdraw a service that forms part of the Mayor's transport strategy for London?

A report on DaR's response will appear in future newsletters.

## Discharge from hospital

A Community Care magazine article has highlighted the need for the carers of patients to be closely involved in the process of discharge from hospital. The article outlined the recommendations of a report by the Association of Directors of Adult Social Services (ADASS) on the role of carers in the discharge from hospital process. ADASS conducted a workshop for carers. The carers commented that they felt excluded by professional attitudes and assumptions were made about the care that would be provided at home.

If patients are discharged home without a detailed knowledge of the care that can actually be provided by carers or social services being checked the possibility of the patient being readmitted to hospital increases. Consequently the report recommends that all the statutory services have a lead officer for carers. The Care Quality commission is also recommended to check that carers are involved in discharges and identify areas for improvement.

The report is certainly a valuable reminder to the health and social care professionals. However, it is concerning that a "toolkit" issued in 2004, "Achieving timely "simple" discharge from hospital," appears to have fallen by the wayside so quickly. That guidance already stressed:

*Patients and carers are at the centre of care and should be involved in discharge plans early in the patient's stay*

Indeed in 2003 the Department of Health had stated:

*The engagement and active participation of individuals and their carers is central to the delivery of care and in the planning of a successful discharge*

Hopefully, the report will remain firmly in the minds of the professionals involved in the discharge procedure.

## The Access to Volunteering Fund

Access to Volunteering aims to increase the number of disabled people volunteering by providing grants to supporting organisations. Money is provided by the Office of the Third Sector with funds being offered in three test areas - Greater London, North West and West Midlands. The first round of funding has now been successfully allocated with 40 organisations receiving grants of up to £5,000. We are pleased to announce that Enfield Disability Action has been awarded £5,000 to:

- Support 20 disabled volunteers
- Purchase specialist/adapted equipment and / or fixtures and fittings
- Make EDA's Website more accessible
- Provide the volunteers with appropriate training supported by the technology they need
- Improve and increase volunteers' employability and soft skills

## Health

**A free Vascular Health Check up** is available for people aged 40 – 74 who are registered with an Enfield GP. This includes the assessment and measurements of

- Weight and body mass index
- Blood pressure
- Cholesterol and blood glucose
- Risk of developing diabetes and stroke

25 pharmacies across Enfield now offer a vascular check up. You can walk in or arrange an appointment with your local pharmacist.

**Ruth Winston Centre** (190 Green Lanes, Palmers Green London N13 5UE) working for the over 50's in the London Borough of Enfield is enrolling for:

- Latin American Dancing
- Yoga, Pilates, Tai Chi, Salsa
- Brazilian Rhythm Dancing
- Country Dancing
- Dance Fit plus many more recreational classes

For further details visit [www.ruthwinstoncentre.co.uk](http://www.ruthwinstoncentre.co.uk) or telephone **020 8886 5346**

(Source: Enfield Over 50's)

## Brown Badge Scheme

Bays for the over 70's have been introduced in Enfield's Pay and Display car parks. These bays are conveniently situated for easy access. Any resident of Enfield, who meets the criteria, can apply but parking fees still apply.

For an application form you need to contact Enfield Council's customer service on **020 8379 1000**

(Source: Age Concern)

# Holidays

## MyTours Holidays and Day Trips



Are you interested in going on a UK holiday or a day trip?

If so, please contact Daniela on **020 8375 4126** or

write to Daniela at:  
MyTours Age Concern Enfield,  
Unit 2, Vincent House,  
2E Nags Head Road,  
Enfield EN3 7FN

(Source: leaflet)



**JollyDays Supported Holidays** provides unforgettable supported holidays for adults with mild to moderate learning disabilities and separate holidays for the elderly offering quality and experience that you deserve within a supportive and safe environment.

JollyDays will ensure that you receive a quality service from the first point of contact, throughout your supported holiday and until you arrive safely home. Be confident that your health and safety is the utmost importance. Fun and enjoyment is the key to every successful supported holiday.

The majority of these holidays will be wheelchair accessible.

To obtain more information please contact JollyDays Supported Holidays:

Telephone no.: 01277 35 55 65

Email: [enquiries@jollydaysholidays.co.uk](mailto:enquiries@jollydaysholidays.co.uk)

Post: JollyDays Supported Holidays Ltd  
Redmayne Cottage  
Fryerning Lane  
Ingatestone  
Essex  
CM4 0DD



## Hertfordshire Action on Disability (HAD) 24-hour transport service

Nothing is accessible unless you can get there! With prior notice our transport service is designed to help you get to your destination, 24 hours a day.

Taking you where you need to go when you need to go.

- We operate a wheelchair accessible transport service for disabled people. We can provide quotes for one-off and regular journeys. The more notice you give us, the better.
- Our vehicles are fully converted minibuses with floor clamping, inertia reel seatbelts and a low ramp to the rear of the vehicle. We can transport up to two wheelchair users and up to seven seated passengers comfortably.
- All journeys, long or short distances, considered
- As well as offering transport 24 hours a day we can also undertake transport to theatres, cinemas and nightclubs.

**Our charges are very reasonable.** Please call **PHIL CALEY**, Transport Manager of **RACHEL MOORE**, Transport Co-ordinator on our hotline number **01707 375159** or email us on: [\*\*transport@hadnet.org.uk\*\*](mailto:transport@hadnet.org.uk).

Our drivers are fully trained to give you a safe and comfortable journey.

Disclaimer: The inclusion of information of any kind in this newsletter does not imply recommendation or guarantee of accuracy. Nor are the views or comments necessarily those of the Association. The Association endeavour to use non-discriminatory language but do not necessarily edit articles.