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May 2022



Registered Charity No. 1089250  
Company Limited by guarantee: 4255588

News, views and  
information from  
Disability Peterborough

# Newsletter



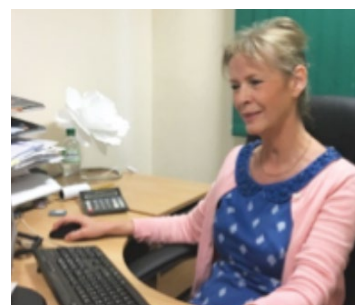
## Carers Week - Monday 6 until Sunday 12 June

Carers Week is an annual campaign to raise awareness of the challenges carers face and recognise the contribution they make to families and their communities.

Happy Eid

Welcome to our latest newsletter  
I hope that you find this edition  
interesting and useful.

The lifting of the mandatory COVID19 restrictions across England has been welcomed by many but we are very aware that some disabled people have been left with huge anxiety, leaving them feeling abandoned and forgotten. The ending of free universal testing has been described as "not only reckless but dangerous."



During the pandemic 6 out of every ten deaths attributed to COVID19 were amongst people with disabilities. The Covid-19 pandemic has been viewed by some as widening and deepening the exclusion of people with disabilities and shown how quickly a marginalised group can fall off a country's agenda and become almost invisible.

Here at Disability Peterborough we are taking an active role to try and get disabled peoples voices heard at the upcoming COVID19 Public Enquiry. We would really welcome hearing your experiences, be it good or bad, about life during the pandemic for disabled people. Please get in touch at [info@disabilitypeterborough.org](mailto:info@disabilitypeterborough.org) and share your thoughts, all information will be treated confidentially and not shared unless you give us direct permission to do so.

With the cost of living starting to increase and the sharp rise in energy bills this is a reminder that we are able to carry out bespoke benefit checks for any physically disabled person in the Peterborough area. Our specialist advisors are always happy to talk through any concerns or worries you may have and may have suggestions that you would find useful. Please ring us on 01733 265551 to book an appointment.

Sandie Burns, CEO Disability Peterborough.

**We are pleased to have been consulted  
by Nene Park Trust, on accessibility to the  
Peterborough Celebrates Festival.**

Our CEO, Sandie and Operations Manager, Sam, have been sitting in on a variety of meetings to ensure the festival is accessible to all Residents, considering all disabilities.

Blue Badge parking is available onsite, all other parking is off site at the local Lynchwood business park, where there will be shuttle buses and pedestrian access to the festival.

Along with 65 other charities and community groups, we will have a stand at the event on the Saturday & Sunday. Please come along and say hello to the team and see what we are giving away for you to say 'Thank You' to someone who helped you during the pandemic.

We will have crafts you can join in with so make sure you come and find us. There will also be crafts made by staff and volunteers of Disability Peterborough that will be for sale.

Railworld and Nene Valley Railway have offered their services to make this event extra special. Railworld are allowing you to park in their large car park and Nene Valley Railway are putting on a steam train from the festival to Ferry Meadows and it is all free.

There is an accessible carriage on the train but there is a short walk the other end so unless you have someone to push a wheelchair we would recommend you using the disabled onsite parking option.

Matthew Bradbury, Chief Executive of Nene Park Trust, said: "People across the city are in for a real treat throughout the festival – there is truly something for everyone across every day.

"The festival is designed to bring the city together and celebrate the many fantastic and diverse offerings the city has to offer. We are delighted the festival will showcase many of the talents from the city.

More details at [Nenepark.org.uk](https://nenepark.org.uk)





# Peterborough Repair Café

At a Repair Café you'll find tools and materials to help you make any repairs you need, for clothes, furniture, electrical appliances, bicycles, crockery, appliances and toys, among other things. You'll also find expert volunteers, with repair skills in all kinds of fields.



The idea is to reduce landfill, and empower people to make simple fixes themselves, or at least to recognise when something can be repaired.

A Repair Café doesn't take the place of professional repairs, but fills the gap that the community used to occupy. As well as getting your precious item fixed, you might be able to join a free work-shop, sit and chat with new people, and perhaps try your hand at

upcycling. You'll find out what community means to each location, and how you can get involved to make Peterborough a friendlier, happier, and more sustainable place to live.

**Repairs are free and people are encouraged to leave a donation if they can. Get in touch with the team via email**

**[Peterborough.repair.cafe@gmail.com](mailto:Peterborough.repair.cafe@gmail.com)**

*Andy Chaman - "I can make a cake, but also know how to mend the food mixer! I like helping people, and it gives me a buzz to think I have saved that item from being thrown away."*



When? 1st Saturday of the month	Where?
April 2nd 1-4pm	The George Alcock Centre, Stanground
May 7th 11am-3pm	The Hack Space, Bretton
June 4th 11am-3pm	Railworld Wildlife Haven, City Centre
July 2nd 11am-3pm	West Raven Community Garden, Ravensthorpe

## More dates to come!

A Repair Café is more than just fixing things, it's a social event! Alongside repairing, you might also find workshops with a sustainability theme, someone to have a chat with, and activities to connect you to your local community.

# Save St. George's Hydrotherapy Pool

St George's has over 4,500 registered users. 250 people of all ages were accessing the pool each week before the pool was temporarily closed due to the pandemic. Friends of St George's and its service users and supporters, are extremely concerned to learn that the Council has pulled out of the sale of the pool - where continued community access was agreed - to a local aquatic physiotherapist.

This sale appeared in Phase 1 of 22/23 Budget Proposals which were voted through at Full Council. The Council has stated that it cannot afford to pay the preparation costs for the sale. However, the sale price would more than compensate for this. The refurbishment, re-opening and running costs would be at the buyer's expense, not the Council's.

Not allowing the pool to re-open would have a negative impact on the pool's users. Everyone pays to use the pool to improve their health and wellbeing and for pain relief.

85% of St George's users have a disability or long-term health condition. 33% of these have a learning disability too. Others used the pool for rehabilitation, often after accidents or surgery. Anyone might have the need to self-refer to St George's at any time.

St George's delivers £1,525,000 value to Peterborough each year and there is no other facility like it in the area.

St George's and its users do not accept the Council's decision to 'mothball' the facility rather than sell. **Please sign the e-petition online by 27th May** to help save this much needed Facility which will only take a few minutes. You will find it at:-

<https://democracy.peterborough.gov.uk/mgEPetitionDisplay.aspx?>



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You can unsubscribe at any time by clicking [here](#)



# Falls Prevention

**There are ways you can reduce your risk of having a fall by making simple changes to your home and doing exercises to improve your strength and balance.**



If you have fallen in the past, making changes to reduce your chances of having a fall can also help you overcome any fear of falling.

Some older people may be reluctant to seek help and advice from a GP and other support services about preventing falls because they believe their concerns will not be taken seriously. Speak to your GP about any falls you have, stating any impact on your health and wellbeing.

All healthcare professionals take falls in older people very seriously because of the significant impact they can have on a person's health.



**Check  
for  
Safety**



**A Home Fall  
Prevention  
Checklist for  
Older Adults**

## Avoiding Falls at Home

Tips for preventing falls in the home include:

- immediately mop up spillages
- remove clutter, trailing wires and frayed carpet
- use non-slip mats and rugs
- make sure all rooms, passages and staircases are well lit
- organise your home so that climbing, stretching and bending are kept to a minimum, and avoid bumping into things
- getting help to do things you're unable to do safely on your own
- don't walk on slippery floors in socks or tights
- don't wear loose-fitting, trailing clothes that might trip you up
- wear well-fitted shoes that are in good condition and support the ankle



## Taking Strength and Balance Training

Doing regular strength exercises and balance exercises can improve your strength and balance, and reduce your risk of having a fall. This can take the form of simple activities such as walking and dancing, or specialist training programmes. Many community centres and local gyms offer specialist training programmes for older people. Exercises that can be carried out at home are also available. Ask a GP about training programmes in your area.

**Find out more information on Falls Prevention - NHS [www.nhs.uk](https://www.nhs.uk)**

**Avoiding a fall | Elderly fall prevention | [Age UK](https://www.ageuk.org.uk)**

# Disability Energy Support

Disability Energy Support offer free energy and water advice to disabled people, helping them to manage their energy and water needs.

The service is open to any disabled person or households where 1 or more disabled people live, and those households are in England or Wales

They are experiencing high demand for telephone appointments. You can still get telephone appointments and new appointments are being released each week or by emailing [Disability.EnergySupport@Scope.org.uk](mailto:Disability.EnergySupport@Scope.org.uk) for advice.

Types of support for your energy and water needs - The expert advisers can help and talk you through a wide range of topics related to your energy and water needs, including:

- managing energy and water debt
- changing your meter
- energy and water efficiency
- accessing benefits, grants, and trusts
- contacting or complaining to your supplier
- understanding your gas and electricity bills
- understanding how to use your heating systems
- support registering with the Priority Services Register



You will get a telephone appointment with an energy adviser that will last up to 45 minutes. During this appointment you will get information and advice specific to your needs. Your adviser will arrange any follow up appointments, if needed.

To get the most out of your appointment, please try to give your adviser as much detail as possible. You should have pen and paper for taking notes and the following information easily available: your most recent gas or electricity bill, an up to date meter reading if possible, details of any missed payments or arrears, details of any payment plans agreed with your energy supplier, Personalised action plans

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

## REBATES – OXYGEN CONCENTRATOR

If you use an oxygen concentrator at home, you can get a rebate for the electricity it uses. The company that supplies your concentrator can make payments to your bank account.

Call the Electricity Rebates (BOC Home Oxygen Service) Patient Service Centre on freephone **0800 136 603**

Call the Electricity Refund (Air Liquide Healthcare) rebate team on freephone **0800 781 9939**.



**#ITSOKAYTOTALK**

## ANDYS MAN CLUB

ANDYS MAN CLUB are a Men's Mental Health Charity, offering free-to-attend talking groups for men and challenging the stigmas around Male Mental Health.

The Charity started off as one group in the small, northern town of Halifax. That first night 9 men turned up and spoke. There was a magic in that room that everyone knew had to be shared. They knew other guys across the country needed this same experience.

ANDYS MAN CLUB meets every Monday 7-9pm in Peterborough, except bank holidays for ANY MAN over 18. We offer peer to peer support in a non judgemental environment.

No need to book, just turn up! There is no pressure to talk, you can come along, grab a brew, listen and see how it works.

There will be men outside each venue to greet new and existing men from about 6.45 to 7pm to welcome men in and show them where to go.

We do ask that men don't attend under the influence of drink or drugs and that nothing like this is consumed during the meeting due to it can be a trigger for anyone trying to quit.

<https://andysmanclub.co.uk/>

**The Copeland Centre**  
38 Copeland, South Bretton  
Peterborough PE3 6YJ

**SAMARITANS**

# SHUSH

listening tips

Top tips for becoming a better listener

**Be a friend or colleague  
with a listening ear, you  
may save a life.**

**Listening to someone when they're having  
a tough time can make a big difference.  
Learn how you can be a better listener  
with our SHUSH tips:**

**S**

**Show you care**

Focus on the other person, make eye contact, put away your phone.

**H**

**Have patience**

It may take time and several attempts before a person is ready to open up.

**U**

**Use open questions**

That need more than a yes/no answer, and follow up e.g. 'Tell me more'.

**S**

**Say it back**

To check if you've understood, but don't interrupt or offer a solution.

**H**

**Have courage**

Don't be put off by a negative response and, most importantly, don't feel like you have to fill a silence.

**Here if you need us**

Call free day or night

**116 123**

[samaritans.org/shush](https://samaritans.org/shush)



# Crafting and Well Being Group



Join us on a Friday for our Crafting & Well being Group 11.00am and 1.00pm at JMC, Western Avenue, Dogsthorpe.

Make a friend or two, come along, we will be happy to see you!

The group is open to both men and women of all ages who are physically disabled.

## MEETING DATES

May 6th, 13th, 20th, 27th

June 10th, 17th, 24th  
(not 3rd as it is a bank holiday)

July 1st, 8th & 29th  
(not 15th & 22nd having a break)

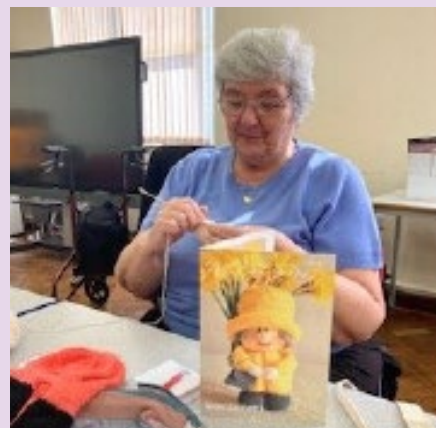
August 5th, 12th, 19th  
(not 26th having a break)

September 2nd, 9th, 16th 23rd, 30th

October 7th, 14th  
(not 21st & 28th having a break)

November 4th, 11th, 18th, 25th

December 2nd 9th  
(not 16th, 23rd & 30th having a break)



For more information call 01733 265551

*Come along to see what you can make,  
Stay a while for tea and cake,  
If you prefer a puzzle or a game,  
You are welcome all the same.*





# Things to do...

## Adapted Cycling

The Peterborough Adapted Cycling Scheme (PACS) gives individuals with disabilities the opportunity to try a range of specifically adapted bikes from hand cycling to adapted cycling. We have a number of qualified and experienced coaches on hand to offer support.

### Sessions:

Wednesday from 10.30-11.30am and 5-7pm at the Regional Pool.

Thursdays\* from 10-6pm and Saturdays\* from 10-12pm at Ferry Meadows (\*April to September only).

Price: £2 per session



Vivacity



Nene Park

## BOCCIA

Boccia is similar to bowls and is enjoyable for everyone and especially those with severe impairments and is open to everyone with carers and family members are more than welcome. Sessions are every Saturday from 10.00am-12.00pm.

Price: £2 per session at the Peterborough Bowls Club.

For more information call **01733 863 783** or email [disabilitysports@vivacity-peterborough.com](mailto:disabilitysports@vivacity-peterborough.com)

See more at [www.vivacity-peterborough.com/boccia](http://www.vivacity-peterborough.com/boccia)



## New Website thanks to National Lottery

Our new improved, accessible website is now active at [www.disabilitypeterborough.org](http://www.disabilitypeterborough.org). We would like to thank the National Lottery Community Fund for their funding. If you have any feedback or comments on the website we would be pleased to hear from you. Email us at [info@disabilitypeterborough.org](mailto:info@disabilitypeterborough.org).



T: 01733 265551 • [www.disabilitypeterborough.org](http://www.disabilitypeterborough.org) • [info@disabilitypeterborough.org](mailto:info@disabilitypeterborough.org)

Facebook @DisabilityPeterborough • Twitter @Disability\_DP

John Mansfield Campus, Western Avenue, Dogsthorpe, Peterborough PE1 4HX

We are starting to get questions relating to Electric Vehicles (EV) as they become more available through Motability. Disabled Motoring has been granted a small amount of funding from the Lottery to research the preparedness of disabled people for the switch over to EVs. They are conducting a survey, running from May to September, asking for your thoughts on EVs and charging infrastructure. They want to know what your opinions and worries surrounding EVs and charging so they can plan campaigning work accordingly. This project will inform DMUK's involvement with the EV switch over and provide valuable data going forward to show government and business what needs to be addressed to make sure that EVs and charging are accessible for all.



**Here is the link to the survey:**

<https://www.disabledmotoring.org/news-and-features/news/post/775-access-to-ev>

**For more information call 01733 863 783**

**or email [disabilitysports@vivacity-peterborough.com](mailto:disabilitysports@vivacity-peterborough.com)**

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## Peer to Peer Support For Dealing With Cancer

We are best defined as experts by experience – so all of us who belong to the group have first hand experience of cancer either as patients or as carers.

Our aim is to improve the experience of people who are dealing with cancer. To this end we work with managers and clinicians to ensure that the patient voice is heard at all stages of the decision making process.

We actively seek members from all walks of life and are very keen that everyone gets heard, regardless of their experience.

If you or anyone that you know would like to know more, please get in touch and we can meet up and discuss in more detail

Our website is: <https://www.canceralliance.co.uk/patient>

We look forward to hearing from you.

