

Disability Peterborough
JMC Western Ave
Dogsthorpe
Peterborough PE1 4HX

Tel: 01733 265551

Email: info@disabilitypeterborough.org

www.disabilitypeterborough.org



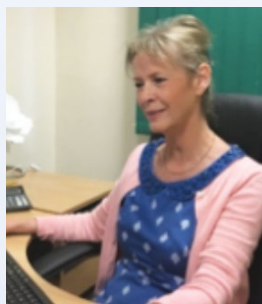
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March - April 2022

News, views and
information from
Disability Peterborough

Newsletter

This week I met with Chloe Smith, the Minister for Disabled People, Health and Work today alongside a number of other Disabled Peoples User Led Organisations (DPULOs). On the agenda was improving communication with Westminster and local government, the rising cost of living and its effect on disabled people and the impact of Covid. Good to see MPs listening to feedback and input from DPULOs.



We also had a meeting with Vicky Foxcroft the shadow minister for Disability and several of the other shadow ministers. They wanted the views of disabled people to feed into future policy regarding transport, social care, and welfare benefits.

If you have any issues relating to disability that need raising at government level, please let me know.

A survey of disabled people, used to inform the highly anticipated National Disability Strategy, has been ruled “unlawful” by the High Court. The UK Disability Survey gained 14,000 responses but was found to have failed to consult with people effectively. The UK Disability Survey, launched in January 2021, invited the views of disabled people on their everyday experiences. Mr Justice Griffiths ruled although the government did not have a legal duty to have a consultation, but once Ms Coffey had promised an “open consultation”, she had a duty of care to see this through.

The case was brought by four disabled people, who said they were “very pleased” with the outcome. The government said it was “disappointed” and would “consider its next steps carefully”.

Paralympian and disability rights campaigner, Baroness Tanni Grey-Thompson has raised questions in the House of Lords regarding fire evacuation for disabled people in the event of fires or other emergencies. She spoke of the poor fire safety guidance and practice that ultimately led to 41% of Disabled residents, of Grenfell Tower, losing their lives in the 2017 fire. She highlighted the Government’s failure to implement the recommendations of the Grenfell Tower Inquiry to place a legal duty on owners and agents to prepare Personal Emergency Evacuation Plans (PEEPs) for Disabled residents unable to self-evacuate. Here is the link to watch her moving and poignant speech -

[Baroness Grey-Thompson also raised grave concerns](#)

We have been working with our friends and colleagues at Nene Park to help ensure that the “Peterborough Celebrates” event due to take place on the 13th – 15th May at Ferry Meadows, will be as accessible as possible. This will be a free to attend, family-orientated weekend, bringing together the local community to celebrate and thank those who have supported our communities during the pandemic. Including, performances from local artists, craft workshops, community sports, film screenings, thank you film and much more. A vibrant event for all, bringing people together with celebration! Please share your views in making outdoor events accessible to disabled people and we can feed this into the planning process.

Do get in touch with us if you have any comments, queries, or information on disability issues that you would like share.

Best Wishes

Sandie Burns CEO Disability Peterborough

Nigel Slight's Bucket List

Peterborough Firm, Princebuild have kindly donated tickets and the box for the Peterborough United game against Manchester City to Nigel Slight and his family, who was given just a few months to live and has outlived his prognosis.

Nigel worked as a Barrister and First-Tier Tribunal Judge and is recognised for his careful and thoughtful approach in his work. Staff at Disability Peterborough, who have supported clients at appeal and been at tribunal, with Nigel as a judge, are thrilled that this bucket list wish has come true. With one son supporting POSH and the other a Man City fan, the FA fixture was a golden opportunity as Nigel cannot travel to Manchester due to his health.

We wish Nigel and his family all the best.



Pop into Peterborough for a spot of lunch or a day out shopping.

We loan motorised scooters and manual/electric wheelchairs to help you get around Peterborough if you have mobility problems.

The service is available Monday – Thursday between 10 am and 3 pm.

You do not need to be registered as disabled to use our service and we can arrange a pay as you use service or an annual pass at £20.00.

Shopmobility is located on floor 11 in Queensgate Centre.

To book a slot please book in advance by ringing 01733 313 133.



Queensgate

Happy Easter – 17 April 2022

Easter Day is the most important festival of the Christian year, as it is when Christians celebrate the resurrection of Jesus.



Happy Holi – 17/18 March 2022

Holi is a popular ancient Indian festival, also known as the “Festival of Love”, the “Festival of Colours” and the “Festival of Spring”.



COVID-19 Update

The Government has returned to 'Plan A'. This means -

- If you're fully vaccinated you will no longer need to take a COVID-19 test either before or after you arrive in the UK. You still need to complete a passenger locator form. If you are not fully vaccinated you will need to take a pre-departure test. After you arrive, you will need to take a PCR test on or before day 2, but you will only need to quarantine if it's positive. You still need to complete a passenger locator form.
- You no longer need to wear a face covering, but consider wearing one in crowded or enclosed spaces where you may come into contact with people you don't normally meet.
- You no longer have to show your NHS COVID Pass at venues and events.
- You no longer have to "work from home if you can". Talk to your employer to agree arrangements to return to your workplace.



Long COVID

Most infections with COVID resolve within the first 4 weeks. "Long COVID" is an informal term that is commonly used to describe signs and symptoms that continue or develop after an acute infection of COVID. Depending on how long you have ongoing symptoms for, it can be called one of 2 things:

- **Ongoing symptomatic COVID**

This is where your symptoms continue for more than 4 weeks. If your symptoms last for longer than 12 weeks, it will then be called;

- **Post-COVID Syndrome**

This is where your ongoing symptoms continue for longer than 12 weeks and cannot be explained by any other condition.

Symptoms of Long Covid can be many and varied and can change over time. The most commonly reported symptoms include (but are not limited to) the following:

- Breathlessness
- Cough
- Chest tightness
- Chest pain
- Palpitations
- Generalised Symptoms
- Fatigue
- Fever
- Cognitive impairment ('brain fog', loss of concentration or memory issues)
- Headache
- Sleep disturbance
- Pins and needles or numbness
- Dizziness
- Delirium (in older people)
- Abdominal pain
- Nausea
- Diarrhoea
- Anorexia and reduced appetite (in older people)
- Weight loss
- Joint pain
- Muscle pain
- Tinnitus
- Earache
- Sore throat
- Loss of taste and/or smell

What should I expect during my recovery from COVID?

The recovery time is different for everyone. The length of your recovery is not necessarily related to the severity of your initial illness or whether you were in hospital. If new or ongoing symptoms do occur and they are causing you concern, you should always seek medical advice and support. For additional information please see our When Do I Need To Seek Help page.

****This information was correct at the time of printing**

Where possible, we would encourage you to wear a mask to protect yourself and others. If there is a genuine medical exemption for those with disabilities, or hidden health conditions such as breathing difficulties, mental health conditions or autism a printable badge is available from gov.uk. If you are struggling to print one, you can contact Disability Peterborough for an exemption lanyard. Suggested donation £2.00.

When to call 119

You can call 119 if you have questions or need help with coronavirus (COVID-19) vaccinations, testing, NHS COVID Pass, and more.

Calls to 119 are free from mobiles and landlines. Lines are open every day from 7am to 11pm. 119 provides support in 200 languages.

If you need help from a British Sign Language (BSL) interpreter, [use the free online 119 BSL interpreter service from SignVideo.](#)

Domestic Violence

When the people you most depend on to care for you instead control or abuse you, it can seem like there is no way out. This is why older people and those with disabilities who experience domestic abuse are protected by the law, and there are resources to support them leaving abusive situations and get help.

There can be different types of abuse...

Financial abuse – this includes having money or property stolen, being put under pressure in relation to money or other property, or having money or other property misused. This may mean that you are not allowed to have the heating on or you have no access to buy food or clothing.

Physical abuse – includes assault, hitting, slapping, pushing, misuse of medication, restraint, and inappropriate physical sanctions.

Psychological abuse – includes emotional abuse, threats of harm or abandonment, deprivation of contact, humiliation, blaming, controlling, intimidation, coercion, and harassment. Psychological abuse also includes verbal abuse, cyber bullying, isolation, unreasonable and unjustified withdrawal of services or support networks, or withdrawing or limiting access to medication or essential assistive equipment.

Sexual abuse – includes rape, inappropriate touching, indecent exposure, and sexual acts to which the adult has not consented or was pressured into consenting to.

Discriminatory abuse Includes harassment, slurs and any other type of abuse perpetrated due to a person's: race, gender and gender identity, age, disability, sexual orientation, religion.

There is a lot of support for men and women who may be experiencing abuse:

Women's Aid

Peterborough Women's Aid offer specialist and dedicated support to women affected by

domestic abuse. Their aim is to relieve the distress and trauma experienced by women and their children by committing to principles of self-help and self-determination. They empower women to seek advice, guidance, or a refuge to determine their own futures.

Women's Aid offer a listening ear and a safe space to talk either one to one or within a support group depending on the circumstances. They can provide advice on domestic advice issues, offer practical and emotional support and can offer advice on legal matters and information on housing.

Women's Aid – 01733 894964

ManKind Initiative

One in six men will be a victim of domestic abuse in their lifetime. The ManKind Initiative offers a helpline which is operated by trained people who can give both listening and practical support as well as providing information. For many men the anonymous helpline is the first step they have made in talking to someone else about the problems they face.

Male Victims of Domestic Abuse – 01823 334244

If you are worried about someone or need help you can contact Peterborough Adult Social Care on 01733 747474 (9am to 5pm Monday to Friday)
email: adultsocialcare@peterborough.gov.uk

Out of hours Emergency Duty Team – 01733 234724

**Ring 101 for non - emergencies
Ring 999 in an emergency**

“Come and Try A Game of Croquet”



Through the generosity of the National Lottery Grant, Peterborough Croquet Club have recently acquired two adapted wheelchairs designed to go on the lawns so that everyone can be included. They welcome anyone from 8 years upwards, and have members of all ages, from 8 to some over 80, all enjoying the game, the company, the challenge and being outside.

Peterborough Croquet Club is based in Central Park, Peterborough. Free Parking is available in Park Crescent. The Club offers free coaching, with a free “Come and Try a Game of Croquet”. If you would like to join the fee is in the region of £74 for the rest of the season, which runs from April to the end of September.

Why not come and have a go at the engaging, fun, skillful and challenging sport, without having to run up and down a field. The club supplies all the equipment needed, newcomers need only flat shoes.

There are two basic games, likened to either drafts or chess, but on a lawn. This involves hitting a ball with a mallet through a hoop before your opponent.

The Pavilion has all the facilities, and they even make cups of tea. They are a very sociable group. On Club days Wednesdays, Fridays and Sundays, they meet from 2pm to roughly 4pm. Other days can be arranged.

“Come and Try A Game of Croquet”, sessions will be for complete beginners and will be on a Saturday afternoon in early May.

Email R Wright at - crafty33@hotmail.co.uk



All-terrain wheelchairs now available to use at Ferry Meadows

The Mountain Trike, lever drive all terrain wheelchair allows the user to independently propel, steer and apply the hydraulic brakes whilst maintaining clean, dry hands.

The MT Push all terrain attendant wheelchair has a push handle located behind the rider where the steering and braking takes place by the rider's buddy. This is suited for riders who aren't able to self-propel but still want to enjoy the outdoors with friends and family...



Please call Visitor Services on 01733 234193 or email visitor.services@neneparktrust.org.uk for more information or to reserve your desired date and time.

Events and Courses



FREE! Pottery Classes - Improve mental health with pottery. Pottery can help reduce intrusive thoughts and feelings by giving you something to focus on, reduce effects of isolation by helping you connect with others and lower blood pressure and the effects of stress.

Every Wednesday 12pm - 2pm

South Bretton Family & Community Centre, Tyesdale, Bretton PE3 9XZ

To book your place, please email:
community@crosskeyshomes.co.uk
or call 01733 396404.

FREE! Friendship & Games Club - Friendly club for conversation, games, and friendship. Meet new people.

There will be free tea, coffee and cakes, plus loads of board games.

Every Thursday 10am - 2pm

WestRaven Community Café, Hampton Court, Westwood PE3 7JA

No need to book, just come along and join in!

For more information follow Cross Keys Homes on Facebook:

<https://www.facebook.com/crosskeyshomespeterborough>



Have you got the Covid Blues?

We are restarting our crafting group again, but would like to open it up to others who have felt isolated recently and need company.

We will have a variety of games as well as crafts, why not pop in to see us and let us brighten up your day.

Booking preferred, so we can get the tasty treats in!

DATE: Friday's for 10 weeks from 04.02.22

TIME: 11am - 1pm

Tel: 01733 265551

Email: info@disabilitypeterborough.org





**Craft4Smiles C.I.C. is running courses in
Stanground and Peterborough Town Centre!**

**Join us for our creative, fun, social
Introduction to Paper Crafting Course**
**Monday 11.00 - 13.00 - Peterborough Central Library,
Broadway, Peterborough, PE1 1RX**
**Friday 11.00 - 13.00, St Michael's Church,
Mace Road, PE 1 8RQ**

**We will be starting an online course delivered via Zoom early in
2022 - day/time tbc. All materials and tools supplied.
If you are interested email us.**

At Craft4Smiles we are passionate about paper crafting and mixed media.
We are a community of people from different backgrounds and life experiences
who live in Cambridgeshire and Peterborough who, through crafting, have found their smiles
again. Smiles are infectious.
We would love to share ours with you and, through you, to others.



There is no charge for these courses!



To book contact
fiona@craft4smiles-cic.org.uk
www.craft4smiles-cic.org.uk
www.facebook.com/craft4smilecic



Diabetes UK and Peterborough United Foundation working together to tackle diabetes

DiABETES UK
KNOW DIABETES. FIGHT DIABETES.



Diabetes is a hidden condition. Millions of us live with it, and millions more misunderstand it.

Diabetes UK's vision is a world where diabetes can do no harm.

The charity is leading the fight against the UK's biggest and growing health crisis. And it's a fight that involves us all – sharing knowledge and taking on diabetes together.

One in 15 of us in the UK is now living with the condition. That is 4.9 million people, including around 850,000 who don't know they have type 2 diabetes.

Here in Cambridgeshire and Peterborough there are more than 48,500 people living with a diabetes diagnosis.

The condition is serious and can be relentless, but we know that support, education and finding ways to make healthier choices is key to living better with the condition and helping stem the rise of type 2.

So, we are really happy to be working closing with the Peterborough United Foundation to support

people in the community affected by the condition.

Roy Bustin, Diabetes UK Midlands and East Volunteer Co-Ordinator, said:

"We are delighted to be working closely with Peterborough United Foundation to support people living with diabetes or at risk of type 2 across Peterborough."

"The first step in the partnership is launching a support group, which offers a great way of meeting people also living with the condition, sharing experiences and tips of managing diabetes."

"So, watch this space for new developments. Following an extremely difficult couple of years, it's never been more important to look after ourselves and find ways to be as healthy as possible."

So what is diabetes?

Diabetes is a serious condition where your blood glucose level is too high. It can happen when your body doesn't produce enough insulin or the insulin it produces isn't effective.

Or, when your body can't produce any insulin at all.

There are two main types of diabetes: type 1 and type 2.

When you've got type 1 diabetes, you can't make any insulin at all. If you've got type 2 diabetes, it's a bit different. The insulin you make either can't work effectively, or you can't produce enough of it. They're different conditions.

We still don't know what causes type 1 diabetes. It is not diet or lifestyle related and our researchers, along with many worldwide, are working hard to find the answers.

There are many risk factors which are linked to developing type 2 diabetes including age, family history, history of high blood pressure and ethnicity, with people of African-Caribbean, Black African, or South Asian descent being two to four times more likely to develop type 2 diabetes than white people. However, obesity is the single greatest risk factor.

It's really important that people are aware of the risk factors associated with type

2 diabetes and their own risk of developing the condition so that they can get support to take steps to reduce their risk and prevent or delay the onset.

Further information on risk factors, [here](#)

What are the symptoms of type 2 diabetes?

The symptoms, involve going to the toilet a lot, being really thirsty and feeling more tired than usual. They can be easy to miss especially in the early stages, and some people report no symptoms at all. The condition can go undetected for many years, and by the time

they're diagnosed one in three people already have complications with their heart, eyes, feet, kidneys or nerves. That's why awareness of the risk factors is equally important so that people can seek early diagnosis. That is why we are encouraging everyone to complete our free Know Your Risk Tool.

www.diabetes.org.uk/knowyourrisk

With type 1 diabetes the symptoms tend to come on quickly – over just a few days or weeks. This is especially true in children. It's important to see a doctor as soon as possible if you notice any

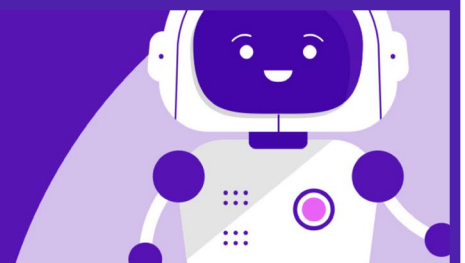
of the signs. Before you get diagnosed with type 1, your body will be trying to get rid of the glucose through your kidneys. That makes you wee a lot and is one of the main symptoms of diabetes. Other signs you should look out for include feeling thirsty, going to the toilet a lot and losing weight without trying to.

www.diabetes.org.uk/type-1-diabetes

For details on support available locally and for information on the upcoming new Peterborough Support Group email eastern@diabetes.org.uk

Staying Safe Online

10 minute training



British Telecom are offering free online training which will help us all become more alert to scams, and it only takes 10 minutes to complete.

This short 10-min training will help you learn the basics behind scams and build confidence using computers as you run through some practical activities to spot scams in action.

For more information and to complete the training please visit:

[Staying safe online - Home Life - Skills for Tomorrow | BT](#)

Your privacy is important to us! We want you to know that by subscribing to the newsletter that we will not give your contact information to anyone.

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

Know your rights!

Employment:

It's against the law for employers to discriminate against you because of a disability. The Equality Act 2010 protects you and covers areas including:

- application forms
- interview arrangements
- aptitude or proficiency tests
- job offers
- terms of employment, including pay
- promotion, transfer and training opportunities
- dismissal or redundancy
- discipline and grievances

Reasonable Adjustments

An employer has to make 'reasonable adjustments' to avoid you being put at a disadvantage compared to non-disabled people in the workplace. For example, adjusting your working hours or providing you with a special piece of equipment to help you do the job.

Recruitment

An employer who's recruiting staff may make limited enquiries about your health or disability.

You can only be asked about your health or disability to help them –

- decide if you can carry out a task that is an essential part of the work
- decide how you can take part in an interview and if they need to make

reasonable adjustments for you in a selection process

- monitoring
- if they want to increase the number of disabled people they employ
- if they need to know for the purposes of national security checks

You may be asked whether you have a health condition or disability on an application form or in an interview. You need to think about whether the question is one that is allowed to be asked at that stage of recruitment.

Redundancy and retirement

You can't be chosen for redundancy just because you're disabled. The selection process for redundancy must be fair and balanced for all of its employees. Your employer also cannot force you to retire if you become disabled.

Education

It's against the law for a school or other education provider to treat disabled students unfavourably directly or indirectly. This could be for example refusing admission to a



student, excluding them because of disability, only providing application forms in one format that may not be accessible. Other types of discrimination include harassment for example a teacher shouts at a disabled student for not paying attention when the student's disability stops them from easily concentrating. Educational settings could also discriminate in other ways relating to their disability such as, for example a disabled pupil is prevented from going outside at break time because it takes too long to get there.

Reasonable Adjustment

An education provider has a duty to make 'reasonable adjustments' to make sure disabled students are not discriminated against. These changes could include providing extra support and aids (like specialist teachers or equipment).

Schools are not subject to the reasonable adjustment duty to make alterations to physical features, like adding ramps. They must make the buildings accessible for their



disabled pupils as part of their overall planning duties.

Special educational needs and disabilities (SEND).

All publicly funded pre-schools, nurseries, state schools and local authorities must try to identify and help assess children with special educational needs and disabilities (SEND).

If a child has an education, health and care (EHC) plan or a statement of special educational this must be reviewed annually. From year 9 the child will get a full review to understand what support they will need to prepare them for adulthood.

For more information visit Support for children with special educational needs and disabilities (SEND) - GOV.UK www.gov.uk

Higher Education

All universities and higher education colleges should have a person in charge of disability issues that you can talk to about the support they offer.

You can also ask local social services for an assessment to help with your day-to-day living needs.

Become a disability Confident Employer

The Governments Disability Confident scheme supports employers to make the most of the talents disabled people can bring to their workplace.

Disability Confident employers of all sizes are:

- challenging attitudes towards disability
- increasing understanding of disability
- removing barriers to disabled people and those with long-term health conditions
- ensuring that disabled people have the opportunities to fulfill their potential and realise their aspirations

The scheme has 3 levels designed to support you at every step on your Disability Confident journey.

You must complete each level before moving on to the next.

To be recognised as Disability Confident Committed, you must agree to the Disability Confident commitments and identify specific actions that you'll carry out to make a difference for disabled people. You will receive confirmation of your membership and a Disability Confident certificate in recognition of your achievements, a Disability Confident Committed badge for each level that you can use on your business stationery, social media and communications for 3 years. By level 3 you will receive confirmation of the completion and validation of your self-assessment to become a Disability Confident Leader!

For more information visit - Disability Confident employer scheme - GOV.UK www.gov.uk

Update to the Highway code

There has been an update and new rules added in The Highway Code.

A new section about the 'hierarchy of road users', the importance of being considerate to other road users, and the responsibility of road users to reduce the danger they pose to others has been included into The Highway Code. There are new rules about giving way to pedestrians and not cutting across cyclists, and not turning at a junction if to do so would cause a cyclist going straight ahead to stop or swerve.

Keep up to date with changes by reading the update on -

The Highway Code: 8 changes you need to know from 29 January 2022 - GOV.UK (www.gov.uk)

Help us, Help others.

Disability Peterborough is a local centre for free confidential and impartial information and advice, for physically disabled people, their carers and families. We provide a range of services that assist people with physical disabilities to achieve their potential and have maximum choice and control over their lives. The information and help we provide can enable anyone, living in Peterborough, with a physical disability to have choice and influence in their lives.

You can donate in a way you find easy for you:

- **If you'd like to donate by post**, simply send a cheque made payable to DIAL Peterborough and post to DIAL, John Mansfield Campus, Western Avenue, Dogsthorpe, Peterborough, PE1 4HX
- **Donate by BACS** direct from your account to -

Account name: DIAL Peterborough

Bank name: CAF Bank

Sort code number: 40-52-40

Account number: 00009510

giftaid it
making donations go further

Please add in your name as the reference so we can send you a thank you letter and don't forget to opt for gift aid to allow us to reclaim tax on a donation made by yourself if you are a UK taxpayer, effectively increasing the amount of the donation.