

Disability Peterborough
JMC Western Ave
Dogsthorpe
Peterborough PE1 4HX

Tel: 01733 265551

Email: info@disabilitypeterborough.org
www.disabilitypeterborough.org

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Registered Charity No. 1089250
Company Limited by guarantee: 4255588

News, views and
information from
Disability Peterborough

Newsletter



"It was a pleasure to meet with you and all at Disability Peterborough on 4 July to learn more about your organisation and hear about how it helps people with physical disabilities. I would like to thank you for the wide range of services and support you offer and for promoting the disability agenda in Peterborough and beyond".

Chloe Smith MP Minister
for Disabled People
Health and Work

Welcome to this month's Disability Peterborough newsletter. We hope you find the articles interesting and informative.

At the beginning of July we had a visit from Chloe Smith the then Government Disability Minister and now Secretary of State for Work and Pensions. She wanted to find out more about the services we run and speak to both staff, volunteers and disabled people who have benefited from a range of our support services. Paul Bristow the local MP also came along and we were able to have discussions and share ideas on both local and national government policy that directly reflects on the lives of disabled people. We talked about the need for in person rather than all digital DWP services, PIP mandatory reconsiderations and appeals, the quality of PIP assessment reports and a whole host of other topics.



We know that many of you will be worried about the cost-of-living crisis and the frightening rise in the cost of energy supplies. Here at Disability Peterborough, we are available to listen to your concerns, book appointments with our benefit advisors or advise you on best course of action. One service provider we would recommend is [LEAP](#), a free service that is helping people keep warm and reduce their energy bills without costing you any money. LEAP are experiencing very high levels of demand so keep checking the websites for up to date information. You can contact LEAP on telephone 0800 060 7567 (freephone) 8.45am to 5.30pm Monday to Friday. Alternatively, you can contact [Green Energy Switch](#). Do get in contact with us if you have any disability issue you want to share or to get more information on. Our team of experienced advisors are always happy to take your call on 01733 265551

Wishing you all well into the autumn months

Sandie Burns, CEO

Dementia

No need to stop playing games or joining in activities



If you are a carer or a family member of someone with dementia, you may find it difficult to find activities that will stimulate their brain and keep them entertained at the same time. Playing games and engaging in various activities is an effective way of exercising the brain and can help in other ways. Keeping those with dementia busy by playing games and through activities helps delay the onset of memory decline and other cognitive abilities. Regular socialisation, engaging in activities with peers or friends can help those with dementia keep their minds sharp, and reduced the loneliness / isolation. Playing games with friends strengthens a person's sense of belonging. The process of interacting with others for any individual, can increase their sense of personal worth and improve the overall quality of life.

Developing a routine is essential for a person with dementia. As dementia progresses, individuals may begin to feel increasingly frustrated with the gradual loss of their cognitive abilities and this can result in them becoming restless, agitated, and even aggressive. By setting a specific time in the day for play and other generic daily activities, routines can give those with dementia a sense of security and familiarity. The structure can give them stability when they are feeling confused or disoriented.

Games and Activities for People with Dementia

Jigsaw Puzzles - a great way to stimulate the mind. Compared to highly competitive games, puzzles provide mental stimulation in a more contemplative way. Most puzzles have no time limit and allows one to complete the activity at their own pace. It is important to remember to

consider the person's capability when selecting a puzzle. You could try a custom photo puzzles that can act as a way to remember and reawakening past memories.

We have a selection of puzzles you can borrow at Disability Peterborough – call us on 01733 265551.

Dominoes - the rules of dominies are relatively simple and the black and white design of the tiles makes it easy for those with dementia to understand and use. The sizes of the tiles are also easy to hold and move. The game will test the individual to think about colours and numbers providing an opportunity to use their reasoning and thinking skills.

Chess/ Draught's - while some may be intimidated by the complex nature of a chess game, it is actually an effective brain builder that can be played by anyone, even seniors. Since chess is all about strategy and planning, it strengthens one's cognitive functions and encourages you to think outside of the box. Furthermore, it also has the added benefit of increasing focus in seniors who may be struggling with concentration. If you want to opt for a simpler alternative, you may consider playing draughts.

Parachute Game - a common activity that is played in most elderly care facilities and nursing homes. It is a good way to get seniors up on their feet, help practise movement and increase mobility in the upper body. In a small circle, each person would need to grab a handle on their end and start to create wave-like motions with the parachute. A ball will then be thrown onto the parachute and aim is to keep it moving without dropping out. This group activity also encourages teamwork and interaction as well.

Gardening - an active way to engage in mild physical activity, depending on a person's abilities. Gardening can range from something that requires minimal effort such as pruning and weeding to slightly more difficult like mowing or raking. Gardening is also a great way to get the daily dose of Vitamin D, but it also gives you a sense of accomplishment once you see the fruits of your labour.

You could visit the Olive Branch in Dogsthorpe or The Green Back Yard on Oundle Road which are community gardens which you are free for you to attend.

Walking - looking for something absolutely free of charge that can be done anywhere? Then walking is the answer. Walking is an easy yet effective physical activity that is suitable for seniors of all ages and fitness levels. If you are conducting a group walk, the distance and time spent walking can be adjusted to cater to the needs of each one.

Even if your physically disabled or has difficulty walking, they can still enjoy the benefits of being outdoors with the help of movable devices like walkers or wheelchairs. Why not join our walks on Wednesday group at Ferry Meadows? Details further below in this newsletter!

Bingo - an inclusive game for the elderly, allowing the opportunity for socialisation with others and reducing isolation. Bingo develops hand-eye coordination, alertness and responsiveness as well.

Card Games - simple games such as Snap, Go Fish, Solitaire can be adapted and there are lots of variations that people with dementia can enjoy playing in a group. Prior to starting a game, It is important to think if the challenges the individual may have with dementia and to keep games simple - avoid games with a long list of rules or involve lying or tricking an opponent.



Commission on COVID-19, Disablism and Systemic Racism

A new commission is calling on Disabled people and people with long-term health conditions from Black, Asian, and minoritised ethnic groups to share their perspectives on the impact of the COVID-19 pandemic.

The Commission on COVID-19, Disablism, and Systemic Racism, is led by the Voluntary Organisations Disability Group (VODG) and overseen by a Board of Commissioners, all of whom have lived experience of disability.

The evidence gathered will be used to hold the UK government to account over failings during the pandemic, as well as build solutions for transformative and sustainable change in social care.

The Commission is also keen to hear from families, carers and people who work in social care.

Responses to the Call for Views and Experiences can be submitted in a number of ways including an online survey, an online or downloadable Easy Read survey, and audio or video files.

More information about the Commission and the Call for Views and Experiences is available here: <https://www.vodg.org.uk/vodg-projects/vodg-commission-on-covid-19-disablism-and-systemic-racism/>

The deadline for submissions is Friday 30 September.

Boiler Upgrade Scheme



The Boiler Upgrade Scheme provides grants of £5000 or £6000 to encourage property owners to replace existing fossil fuel heating with more efficient, low carbon heating systems including air source heat pumps, ground source heat pumps and, in limited circumstances, biomass boilers.

You can get:

- £5,000 off the cost and installation of an air source heat pump
- £5,000 off the cost and installation of a biomass boiler
- £6,000 off the cost and installation of a ground source heat pump
- These grants help property owners overcome the upfront cost of installing a low carbon heating system

Eligibility

- your property must be a home or small non-domestic building in England or Wales. The maximum installation capacity of 45kWth covers the vast majority of these properties.
- your property must have a valid energy performance certificate with no outstanding recommendations for loft or cavity wall insulation. (There are some exceptions to this, please speak to your installer for further information).
- the commissioning date of your low carbon heating system must be on or after 1 April 2022.
- biomass boilers are only eligible in properties that are both in a rural location and not connected to the gas grid. Heat pumps do not have either of these restrictions.
- you must be fully replacing an existing fossil fuel system such as an oil or gas boiler, or an electric heating system such as storage or panel heaters. Funding will not be available for the replacement of existing low carbon heat systems.
- you can still apply if you've received separate funding for energy efficiency upgrades such as insulation, doors or windows.

- new-build homes and social housing are not eligible for the Boiler Upgrade Scheme, although self-build properties are eligible.

Dates

- Low heating systems commissions on or after 1 April 2022 could be eligible for support from the scheme
- Grant applications opened on 23 May 2022
- Funding is confirmed until 31 March 2025

How to apply

The application is installer-led, with the installer applying for the grant on the property owner's behalf. Your chosen installer will need to be certified by the Microgeneration Certification System (MCS), a nationally recognised standards organisation that gives you assurance of the quality of your product and competence of your installer. It also ensures that your installer complies with high consumer protection standards.

Your chosen installer will:

- discount the voucher amount from your quote.
- apply to Ofgem, the scheme administrator, for a grant voucher.
- provide your details to Ofgem, who will then email you asking for you to consent to the installer applying on your behalf.
- liaise with Ofgem on most matters related to the scheme.
- complete the installation in line with industry standards and scheme requirements.
- redeem the voucher and receive the grant following installation and commissioning.
- Supporting information
- You can find an MCS certified installer in your area here:
www.mcscertified.com/find-an-installer/
- [BUS leaflet](#) for property owners (PDF)
- <https://www.ofgem.gov.uk/publications/boiler-upgrade-scheme-guidance-property-owners>

Replacement of Paper Bank notes reminder



The days of spending PAPER banknotes in the shops and other places are numbered, so start hunting at home especially under your mattresses, down the sides of the settee and in your piggy banks!

The remaining paper £20 or £50 notes should be spent or deposited by the end of September 2022. The Bank of England said. "An estimate 163 million paper £50 banknotes and about 314 million £20 paper notes were still in circulation"

These notes have been superseded with plastic versions, just like the £5 and £10 note, which are more durable.

The bank said the newer, polymer notes are also harder to counterfeit.

"The majority of paper banknotes have not been taken out of circulation, but a significant number remain in the economy, so we're asking that you to check if you have any at home" said the Bank's chief cashier, Sarah John, whose signature is on the new notes.

From October, people with a UK bank account should still be able to deposit the paper notes into their bank account or at the Post Office. **But spending them in shops will not be possible.**

Electric Cars and Accessibility What Disabled drivers need to know

More and more people are looking into purchasing electric vehicles (EV) for ease, costs and greener means of travel. Those with disabilities will need to keep in mind accessibility on the road, driving an EV with a disability and help with charging. [Autotrader](#) have a specific section on their website to help answer some of these questions and highlight the pros and cons of getting behind the wheel of an electric model.



01

Accessibility on the road

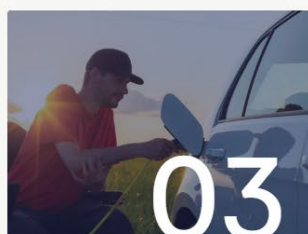
[Learn more](#)



02

Driving an EV with a disability

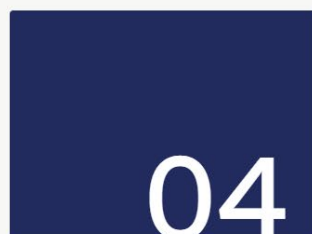
[Learn more](#)



03

Help with charging your EV

[Learn more](#)



04

Useful links & Resources

[Learn more](#)

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](#)

St. Georges Hydrotherapy Pool Update

Despite an impassioned plea by service users that drew applause at Full Council, and a petition that gained 769 local signatures, Peterborough City Council has decided to close St George's Community Hydrotherapy Pool.

The hydrotherapy pool which had over 4500 registered users had been operating for 10 years. Before the pandemic, 250 disabled people of all ages had been using the pool every week to manage their health, wellbeing and pain. For many, sessions at St George's brought companionship and pleasure too.



The pool had been delivering £1,524,916 of social and economic value per year. However, to those who used the pool and their loved ones, the benefits were priceless.

St George's had a buyer, an aquatic physiotherapist, who wanted to refurbish and run the pool for his own clients and the community's use.

Sadly for service users and the city, the council pulled out of the deal at the last minute.

In her address to Full Council, St George's service users' lead Karen Oldale spoke, amongst many things, about the impact the closure was having.

“Devastating and heart-breaking does not do justice to some of the stories I’ve heard. The desperation is palpable. The person who has become bedbound and developed diabetes. The person who lost ability to walk and get dressed. The person now on morphine. The one who no longer goes out. Others who are now on waiting lists for operations whereas previously they were managing at the pool.”

She went on to say, ***“The decision to not sell and re-open St George's as planned is short-sighted. It feels discriminatory and cruel. It will increase health inequalities, cost vulnerable residents their health and the council money.”***

The council is now looking for alternative hydrotherapy options but currently none have been confirmed.

St George's service users' group have said they will continue to campaign to ensure local disabled people have access to the hydrotherapy they need.

You can find their response to the council and latest updates on their [website](#)

Lets look at the Data!

As you may know we do not only support local disabled people with benefits, but we dig deeper and aim to make change at government level too as mentioned previously in this newsletter. Here are some useful and interesting facts and figures...



Number of Children and Adult with disabilities

There are 14.6 million disabled people in the UK.

- 9% of children are disabled
- 21% of working age adults are disabled
- 42% of pension age adults are disabled

Disabled people in work

More than 4.7 million disabled people are in work.

- The employment rate of disabled people is 53%. Compared to 82% of non-disabled people.
- Disabled people are almost twice as likely to be unemployed as non-disabled people, and 3 times as likely to be economically inactive.

The disability employment gap

The disability employment gap is 29%.

- The disability employment gap measures the difference between the employment rate of disabled people, compared to that of non-disabled people.

Extra costs

- Living costs you £583 more on average a month if you're disabled.
- Families of disabled children on average, face extra costs of £581 a month
- For almost a quarter (24%) of families with disabled children, extra costs amount to over £1,000 a month.

Poverty

After housing costs, the proportion of working age disabled people living in poverty is 27%. Which is higher than the proportion of working age non-disabled people at 19%.

Spending power

The total spending power of families with at least 1 disabled person is estimated at £274 billion a year.

Attitudes

- 1 in 3 disabled people feel there's a lot of disability prejudice.
- 1 in 3 people see disabled people as being less productive than non-disabled people.
- In 2000, 37% of disabled people and 34% of non-disabled people felt that there was a lot of prejudice around disability. The gap trebled by 2017, with 32% of disabled people and 22% of non-disabled people feeling there is a lot of prejudice against disabled people.

For more information see -

<https://www.scope.org.uk/media/disability-facts-figures/>

Businesses can sign up to become 'Disability

Confident', it is a good idea to look for this accreditation when you are looking for employment if you have a disability, for more information go to

<https://www.gov.uk/government/collections/disability-confident-campaign>





Interested in becoming a journalist?

Walks on Wednesdays

Our Walks on Wednesday group had a social time out together with an Afternoon Tea at Dobbies Garden Centre in Hampton. They said, "We had a lovely time at Dobbies, afternoon tea was well worth it. Enjoyed each other's company. A good time had by all"

The group meet at Ferry Meadows every Wednesday at 10am, for a walk around the lovely country park we have here at Peterborough. It only costs £10 to join the group for a years pass, which gives you free parking on a Wednesday morning, when the group meet, making it very cost effective.

If you are interested in joining the group please give Christine a call on 07944 003368, or call our office on 01733 265551.

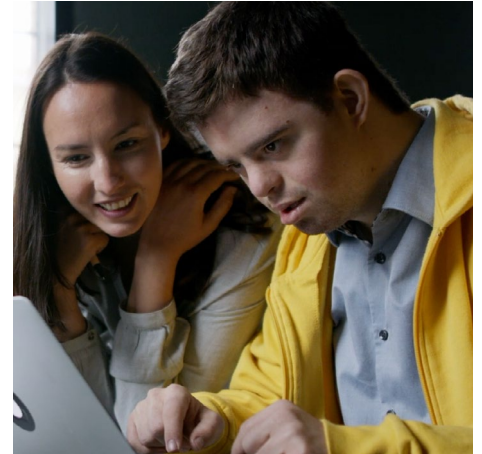
Peterborough Jobs Fair

The Department for Work and Pensions have organised a Disability Confident Jobsfair which is to be being held on Wednesday 28th September 2022 from 10.00am – 12.00pm, at the Peterborough Jobcentre on Bridge Street.

Do you have a passion for writing & want to work in media?

The Academy for Disabled Journalists launches its 2nd Year of the Diploma in Journalism online course.

- Do you have a disability & feel the barriers to study are too high?
- Are you looking for a career in media & journalism?



The Academy is launching the next Diploma course in October 2022 in partnership with the National Council for Training Journalists (NCTJ). This qualification is equivalent to a foundation degree and is what many editors consider to be a prerequisite for junior reporter roles.

Through the Academy, the level 5 qualification course will be delivered in a fully inclusive and accessible online environment, allowing students to study from home at their own pace, taking into consideration individual's needs and requirements.

They are looking for the strongest candidates with a proven passion and dedication to make journalism and working within media a career path. The National Lottery funding is enabling them to provide highly subsidised access to the Level 5 Diploma and provide this in a fully accessible online environment.

They now have over 50 students either studying or have passed a qualification with us and are looking forward to welcoming a new cohort soon.

The Academy want to reach as many disabled people as possible to make sure everyone is aware of this great initiative.

Applications need to be submitted by 16th September 2022.

The unique inclusive online course starts Tuesday 4th October 2022.

[Click here](#) for more information.

Please share with anyone who may be interested.

Grant Logan FRSA

Equipment Returns

If you, or someone you know, has been loaned equipment through Integrated Community Equipment Services (ICES) / NRS and now need to return it you can take the items to the Peterborough Recycling Centre collection bins points. NRS equipment will have a sticker on the item. Once at the recycling centre, there are clearly marked bins which have the NRS logo on and items such as walking aids, commodes (cleaned), perching stools, bath lifts etc can be placed in. NRS will then collect the equipment and will go through the usual cleaning and refurbishment process so it can be reissued. The staff at the recycling centre are very helpful and friendly.



Any large items such as hoists, beds etc should not be dismantled and should only be collected by NRS.

If you are unsure whether the equipment you have needs collection, please get in touch with your local team who will be happy to advise you of the options available.

Telephone: 0345 121 3456 Email: enquiries@cambspeter.nrs-uk.net

Fengate Household Recycling Centre, Dodson House, Fengate, Peterborough PE1 5XG



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.

Monday – Thursday between 10.00 and 3.00pm.

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 scooter please book in advance by ringing 01733 313133.

T: 01733 265551 • www.disabilitypeterborough.org • info@disabilitypeterborough.org

Facebook @DisabilityPeterborough • Twitter @Disability_DP

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

Scammers make the most of a bad situation!



It is estimated £10bn is lost in fraud every year by people of all ages and backgrounds. Older people are likely to be targeted in relation to frauds relating to pension and investment scams, postal scams, doorstep scams and telephone scams. Scammers target those who are isolated, trusting, insecure and may be in financially difficult situations. Due to the increase in cost of living and Covid, scammers are now contacting individuals disguised as health professionals, gas/electric companies and even the government.

How to avoid falling victim –

ONLINE

- Avoid making rash financial decisions to any offers or demands, particularly if you question the legitimacy of the person contacting you.
- Not clicking on suspicious links or attachments in emails or text messages.
- Make sure your security software is updated on computers.
- Never transfer money to someone you haven't met even if they sound friendly/genuine.
- Be wary of online acquaintances who are quick to profess their love or ask you to keep the relationship a secret.
- Check domain names / email addresses very closely. Scammers may use names that are very slightly different from the genuine sites.
- Make your social media accounts private, that way only friends/family can see your information. If your accounts are public, avoid posting personal information.
- If you're not sure if an online message is actually from a business, such as a bank, consider calling their official number or visiting a local branch.

PHONE FRAUD!

- Don't make a sudden payment over the phone under pressure.
- Don't assume the caller ID is correct.
- Ignore unsolicited calls or emails that say you've won a prize but need to provide personal information first.
- Don't offer personal information, such as your National Insurance number or bank account number, over the phone or in an email.

- Be wary of messages that ask you to pay for something by putting money on a gift card.

SOMEBODY'S AT THE DOOR!

- Don't let strangers into your home, especially if you're alone.
- Don't leave your valuables in plain sight.
- If someone visits your home and claims to be representing a business, ask for their contact information, you'll research their offer later.
- Never sign a cheque and leave the amount payable blank.

If you know you've fallen for a fraudulent scheme, stop communicating with them and keep a close eye on your bank account and other personal accounts for suspicious activity. It would be advisable to change your passwords if you think your online accounts may be at risk.

Write down everything you can remember about the situation while it's fresh in your memory. For example, if you were the victim of a door-to-door scammer, write down what the person looked like and the business they claimed to represent. Record the date and time as well. All of this information could be useful if you file a report later.

Who to contact –

- Your bank may be able to cancel or reverse transactions or at least monitor your accounts.
- Friends and family members can offer emotional support and advice on how to handle the situation.
- Neighbours may have also been scammed or may possibly be scammed in the future.
- For more information visit the [Take Five Website](#).

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 No. 00009510



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

Give as you live Online Shopper

Give as you Live Online shopper is a fantastic way to raise free funds for Dial Peterborough.

You can raise free funds when booking holidays, buying new clothes, switching insurance and finding great gifts.



Visit the [website](#) for more information.

For every person who signs up and raises £5, we'll donate a bonus £5 to your charity too!

Rosh Hashanah festival 26th - 27th September

Rosh Hashanah is the **Jewish New Year festival**. Over these two days the Jewish community commemorate the creation of the world and believe it is also a judgement day, when Jews believe that God considers a person's good and bad deeds over the last year and decides what the next year will be like for them. Rosh Hashanah is a time of asking for forgiveness of sins.



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