

Disability Peterborough
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Registered Charity No. 1089250
Company Limited by guarantee: 4255588

June-July 2019



News, views & information
from Peterborough
Disability Forum

Newsletter



CEOs comments

Thank you for all your positive comments and feedback for the new style newsletter. As always, your thoughts are the ones that matter to us, so if you have any issues you would like us to cover then please get in touch. We have some exciting projects that we are working on and look forward to sharing these with you over the coming months. The service we offer that is in most demand from disabled people is our specialist welfare rights service. On page 5 is an article about how you can get directly involved with the redesign of the benefits system and we would encourage everyone to participate.

I hope you find our latest edition informative and useful.

Sandie Burns, CEO

Inclusive children's Football

Inspire Peterborough are involved with a new and exciting project, with Park Farm Pumas, Hunts FA & Oak Activities, bringing together children between the ages of 5 – 19 years who have any disability.



This launched on 13th May 2019 and you will see in the photo above the enthusiastic team coming together. Speaking to Sarah Hudson, the organiser told us that 25 young people, full of energy, have signed up the project already. Sarah also told us that there is great support from the parents, as there is nothing else like it for the children in the area.

We are hoping to register more young people to our Special Olympics programme (Sports for people with intellectual disabilities) through the football group.

If you wish to book a place for your child in this Inclusive Football, it is held on Monday's, between 5.30 – 6.30pm at Cardea Community Sports Pavilion. To find out more or register please contact Sarah Hudson on **07904 028735** or by email at sarah.hudson@huntsfa.com

For further information about Disability Sports activities in Peterborough, contact Nikki Griffiths on **01733 330815** or by email at ng.inspire@disabilitypeterborough.org

Need help making a new Universal Credit claim?

Our CEO, Sandie Burns, has been speaking with Joel Lamy from JPI Media, and this is what he had to say...

"Universal Credit was a huge shake-up of the benefits system which has had a profound effect on millions of people, including many in Peterborough."

The Peterborough Telegraph has completed a nationwide investigation into Universal Credit to discover how it has affected people's everyday lives, for better and worse.

The investigation was run by the PT's publishers JPI Media, which also owns a number of major national and local titles across the UK, including the i, Yorkshire Post and The Scotsman."

The JPI Media investigation reported in an article named 'Universal credit in crisis' in the online local news, Peterborough Today. The report included various quotes; Margaret Greenwood MP, Labour's Shadow Work and Pensions Secretary, said:

"This important investigation is a shocking reminder that Universal Credit is clearly failing."

"It was meant to simplify social security, but instead people face a series of hurdles when making a claim, from the requirement to claim online to the five-week wait for payment."

Need help making a new Universal Credit claim?

At Citizens Advice Peterborough we can support you to make a new claim for Universal Credit, from opening your account to receiving your first full payment.

Our trained advisers can help you to:

- Set-up your Universal Credit account Complete your claim to-dos
- Verify your identity
- Make sure you're providing the right evidence to the Jobcentre

Understand what Universal Credit will mean for you
If you're not sure what help you need just get in touch and we can work out how we can support you.

Visit us: 16 – 17 St Marks Street, Peterborough, PE1 2TU
(Open Monday – Friday, 9am-12pm and 1pm-4pm)

Call: Freephone 0800 144 8 444 (England)



Peterborough



"It frequently fails to take into account basic realities such as the way people are paid."

"People should not have to repeatedly face barriers to receiving support."

The Citizen's Advice Peterborough, have been awarded funding to help new claimants with Universal Credit, see the poster above for further details.

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 the link at the bottom of any newsletter.

Disability Forum Update

Due to unforeseen circumstances we have not been able to hold recent Focus and Forum Meetings with you all. We are working hard to re-establish the Focus Groups and Forums and aim to have more information in the next newsletter.



If you have any Disability related issues in Peterborough, please contact us on **01733 265551** or by email on info@disabilitypeterborough.org and we will do our best to support you.

Disability Benefit News

Did you know?

You are now able to apply for Personal Independence Payments (PIP) from the age of 16, until you are state pension age.

Disability Peterborough have seen a large increase in the number of disabled people, in Peterborough, having their Disability Living Allowance (DLA), changed to PIP. We would like to highlight that the PIP criteria is very different to that of the DLA.

(This information is from GOV.UK website)
For new PIP claimants.

You must be aged 16 or over and have not reached State Pension age to claim. You must also have a health condition or disability where you:

- have had difficulties with daily living or getting around (or both) for 3 months
- expect these difficulties to continue for at least 9 months (unless you're terminally ill with less than 6 months to live)

You must have lived in England, Scotland or Wales for at least 2 of the last 3 years, and be in one of these countries when you apply. If you've recently returned from living in another EEA country, you might be able to get PIP sooner. You can get PIP whether you're working or not.

Our Advice

If you have a physical disability get in touch with Disability Peterborough for advice before undertaking any action that could affect your claim. Phone **01733 265551**

RiDC

Research Institute for Disabled Consumers

Experts in user-centred research involving disabled and older people

RiDC Researchers wanted

RiDC are keen to recruit new members to their consumer research panel; they currently have 950 members throughout the UK and hoping to reach 1,000 members with your help.

If you are a disabled or an older person living in the UK, then why not use your knowledge and experience to help them with their research? This is an ideal opportunity for you to have your say.

For more information please see the RiDC website or you can sign up at

<http://bit.ly/RiDCjoinhere>

Readers Q & As



Q: I am in my 80's and have severe arthritis in my shoulders, I struggle to get washed and dressed in the morning, my friend has said I can claim for a disability benefit, but I'm not sure if they would say it was a disability or just down to my age. Can you help me?

A: Thank you for calling in, from what you have told us, it seems you may be eligible to apply for Attendance Allowance, which is a disability benefit for those who are of state pension age. You must demonstrate you have personal care needs, such as needing help with washing and dressing. You have to reasonably require help with personal care but do not necessarily have carers helping you. Attendance Allowance forms can be requested by calling Department of Works & Pensions on **0800 731 0122**, our experienced benefits advisors can support you with their completion.

Q: Does Shopmobility have manual wheelchairs they hire out?

A: Yes, they have manual and electric wheelchairs, as well as mobility scooters. You can also hire scooters and wheelchairs on long term basis. For further information please contact Chrissie on **01733 313133**

Q: My friend has been assessed and given some specialist equipment; how can I get an assessment?

A: Please call Peterborough City Council and ask for Adult Social Care, on **01733 747474** and ask for an Occupational Therapy Assessment of your needs, they will ask you what difficulties you are having, for example getting up and down stairs or accessing your property. It is important that you are open and honest about your needs and think about the difficulties you have before you phone.

If you have a question for us, please call **01733 265551** or email info@disabilitypeterborough.org

Shopmobility celebrate 38 years!

This year is Shopmobility's 38th Birthday - ***"It's amazing to think that Shopmobility Peterborough was amongst the first in the country and we continue to run this fantastic service in Queensgate."*** said a proud Chrissie Forvague, manager of the Shopmobility Peterborough scheme, a project of the Disability Peterborough charity.

We have been able to run this service through the support of an enthusiastic band of volunteers. We have two very loyal and dedicated ladies that have been volunteering at Shopmobility for 30 years this year – Molly Wright joined us in June 1989 and also volunteered for DIAL/Disability Peterborough for many years, and Catherine Woods joined later that year and we are very happy that

they are still volunteering with us today.



In the early years there were only manual wheelchairs for hire, we are delighted to now offer Power Chairs and mobility Scooters too.

We continue to operate from the office on the 11th floor landing of the Queensgate car park. New customers make the comment ***"What a Gem you are, we have lived in Peterborough for many years and did not know you were here"***

Please help us to spread the word of this excellent service, for more information contact Chrissie on **01733 313133** or by email at shopmobility@disabilitypeterborough.org

Your chance to shape the future benefits system.



Disability Rights UK (DRUK) need YOU, this is their recent update...

*"We wrote to all our committed Disabled People's Organisation (DPO) members a couple of months back asking that they promote amongst the people they serve and support, the **Care Quality Commission** (CQC) survey inviting disabled people and their families to share their experiences of using NHS and care services.*

You will be delighted to learn that the CQC received a significant number of responses from the public from the link that we provided.

"We are sure you know that there will be many more who would like to help shape the future of NHS services,

*with disability being at the heart of the CQC's plans. The **'Tell Us About Your Care'** survey is being used by the CQC to learn more about disabled people and their families and carers experiences when using the services – both good and not so good. Although we recognise that the online format of the **'Tell Us About Your Care'** website is not suitable for everyone, and not everyone can access the internet, so if those you share the details of the survey with can't use the website, they also have the option of calling us and we can fill out the survey for them. A call to us on; **0330 995 0400** and choose **'option 1'** quoting **'CQC'** when the call is answered*

is all that's needed and we'll ask the questions, take down the answers, and send through to the CQC. It's usually quieter on our phones after 2.30 p.m.

***'Tell Us About Your Care'** is a unique opportunity for those you know and work with to use their experiences to help the CQC plan the future of the NHS, which has never been more important to those living with a disability when so much is being squeezed from such a small budget. The CQC were so pleased with the responses last time, so let's see how your sharing the details and links to **'Tell Us About Your Care'** can provide even more evidence so that plans can be made with disability at the heart of all future NHS plans."*

Get Involved, use this opportunity to have your say.



Crafternoon Tea Success

We have had a good take up to our new Crafting project for people with a physical disability and their Carers. There have been a variety of ages joining the project our oldest being 95. The group have enjoyed the flexibility of the sessions that are designed with disabled people in mind. One member of the group had previously enjoyed crocheting but struggled to grip the crochet hook. When given a rubber handled hook she was amazed to be able to pick up her hobby again.

"I was apprehensive about joining a new group on my own, however I was made welcome and quickly felt part of the group"

"It is amazing to have a group like this to get me out of the house"

"I had always wanted to do quilting, and I have been encouraged to have a go, with the support of the group I started my own quilt"

We are delighted to announce that the project has been so successful, it has been given funding for another 6 weeks, starting 18th June to 23rd July 2019, 1 to 3.30pm there is a small charge of £2 per person, per session.

Whatever your ability come along and join us. Phone **01733265551**

UPCOMING EVENTS!



A fun day exploring all things Disability with leading equality trainer (and tv presenter) Mik Scarlet. Mik explains ways of understanding what it means to be a Disabled person, delves into facts and figures on disability and guides a safe route through the thorny issue of language, giving all who attend the knowledge to build a better and more equal tomorrow. Thursday, 27 June 2019 from 11:00-16:00, at John Mansfield Campus, £5 per person, tickets online at www.eventbrite.co.uk or via post on facebook.

Circles Network



Circles Network Peterborough are working alongside Peterborough City Council and have a number of Youth groups for children and young people with a disability, aged between 7-11 and 11-19.

For more details
Call Venetia on 01733 234828

Seated Yoga

We are planning on holding some seated yoga classes for physically disabled people starting in July 2019 at the John Mansfield Centre.



For anyone interested please email info@disabilitypeterborough.org and we will take your details and keep you informed.