

yourvoice

ISSUE NO. 7 December 2010

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Care Quiz

The BBC's Radio 4 programme 'You & Yours' are running a Cost of Care Quiz at the moment, and the results will be passed on to the London School of Economics for their research. If you are willing to take part go to <http://www.bbc.co.uk/radio4/features/you-and-yours/care/>.

YOU & YOURS

Go to a Panto!

Most theatres make some provision for wheelchairs, but not many provide BSL signing for people with hearing difficulties. Theatre Severn in Shrewsbury has a number of performances with signing, including for Cinderella, which runs from 2nd December to 3rd January. But you will need to check dates for signing performances with the Box Office – 01743 281281.

Theatre Severn also offers discounted seats for disabled people and their companions, Sennheiser Infra Red enhanced hearing headsets (which can be worn with or without a hearing aid), wheelchair accessible toilets on 1st, 2nd and 3rd floors, guide dogs are welcome in all parts of the auditoriums, and there are special parking facilities for people with a disabled sticker.

More information at <http://www.theatresevern.co.uk/default.asp>



Shropshire Closures threatened:

- **The Grange Day Centre**

Ruby Hartshorn writes:

The third meeting for Family Carers of those who use The Grange Day Care Centre was held on Tuesday 23rd November 2011. Many people are very concerned that this facility has been marked for possible closure. At present a consultation is taking place and cabinet will make a decision in January.

I was asked to attend this meeting as a representative of SDN. Looking at the previous minutes of meetings, I quote words by one attendee:

“You can’t cost the value of having such a centre. Particularly for Carers it provides the peer support group which is very hard to find”

Sitting at this meeting, hearing first hand people’s worries about this possible closure and what it would mean to those who use it and their families was really informative and eye opening.

I heard comments like “I am sad and worried - at the moment we have no alternative, so what does the long term future hold?”

“We need piece of mind that our son/daughter is not going to be left with nowhere to go, They have friends here and it’s not easy to find an alternative”

“I am scared and worried what the knock on effect will be if The Grange Day Care Centre is closed because my son/daughter enjoys coming here and there is nowhere else like it”

These are just a few concerns raised at this meeting, so if you are a Family Carer of someone who uses The Grange please let your voice be heard at **the next meeting to be held at The Grange Day Care Centre, Shrewsbury on Monday 13th December at 1pm.**



On 11th September the Shropshire Star reported

- **Three Shropshire day centres for the elderly face closure on Saturdays and bank holidays under cash-saving plans being put to Shirehall leaders next week.**

The centres are Bradbury in Whitchurch, The Meres at Ellesmere and Helena Lane in Ludlow.

The move would save Shropshire Council £88,000 a year, figures reveal.

A report to cabinet on Wednesday says the centres could be offered to voluntary groups for weekend opening. It admits there might be a direct effect on service users.

However take-up on Saturdays and bank holidays is lower than on weekdays.

Community services, under which the centres are run, face a £5.3 million hit as the council looks to find initial £9 million savings.

It is proposed to make savings of £200,000 by “reproviding” day services for people with physical disabilities at “better and alternative” venues.

The plan mainly involves service users at The Grange in Shrewsbury.

The report says all those currently using the centre are having their annual review and being offered a personal budget and support plan. As people take up “other opportunities”, the numbers using The Grange are reducing.

A further £105,000 will be saved by merging the Coton Hill Day Centre in Shrewsbury with other ALD (Adults with Learning Difficulties) centres in the town.

The report says the majority of people who use the Coton Hill facility are in residential care. The alternative centres will offer them a “better range of opportunities in better surroundings”.

Stephen Chandler, assistant director adult social care services, said: “The council will be holding a series of public meetings next week to discuss all its proposals.”

Read more: <http://www.shropshirestar.com/news/2010/09/11/shropshire-day-centres-opening-cut-fear/#ixzz16Trpigf2>

And on 25th November the Shropshire Star reported (<http://www.shropshirestar.com/news/2010/11/25/115579/>)

- **4,000 join fight for Whitchurch hospital’s Beech Ward**

More than 4,000 people have joined the fight to save the last dedicated hospital ward for elderly patients with dementia in Shropshire from closure.

Campaigners against controversial proposals to close the ward at Whitchurch Community Hospital have launched a petition, which has been signed by almost half the town’s population.

The Beech Ward, which caters for elderly mentally ill patients, is under threat of closure. The 16-



bed ward has been earmarked for the axe as part of an overhaul of mental health provision in Shropshire.

Proposals have already been met with fierce opposition. Opponents armed with placards and banners also spoke out at a public meeting in the town last month.

Margaret Hiles, chairman of the Whitchurch Hospital League of Friends, today said: "We have been busy collecting signatures from hospital staff and residents who all share concerns with the closure of the ward."

Judith Clayton, vice chairman of the Friends, said: "At the moment we have more than 4,000 names but we anticipate about 5,000 by the time we hand it in."

"Considering the population is only 9,000 to 10,000 this sends a really strong message about how important the ward is. It is the last of the kind in the county."

The petition will be presented to Councillor Alan Chesters, Mayor of Whitchurch, at the civic centre on December 3. He will then pass it on to health bosses as part of the consultation into the scheme.

The plans have been submitted by health chiefs at Shropshire Primary Care Trust, which runs the hospital, and South Staffordshire and Shropshire Healthcare NHS Foundation Trust, which runs mental health services on the ward.

By Tom Johannsen

Young carers 'deserve more help'

By Dave Howard BBC News,
<http://www.bbc.co.uk/news/education-11757907>
and <http://www.bbc.co.uk/news/education-11744836>

There are four times more young carers in the UK than are officially recognised, figures published by the BBC suggest.

One in 12 of the 4,029 schoolchildren asked by the BBC said they had caring responsibilities - such as dressing, washing or bathing family members.

If the survey reflects the UK as a whole, it would mean there are about 700,000 young carers in the UK. The 2001 census, though, identified only 175,000 young carers.

Responding to the survey, Care Services Minister Paul Burstow said the research "rightly highlights the numbers of hidden young carers", some of whom were "shouldering intolerable burdens". He said the government would make £400m available for carers' breaks over the next four years.

Earlier, the Children's Minister for England, Sarah Teather, said it was "shocking" that child carers did not get the support they needed or the recognition they deserved.

This includes activities such as helping the person they care for to dress, wash, bathe or shower.



Leigh, aged eight, cares for her mother Kirsty, who suffers from bipolar disorder.

Read more

Channel 4 Looking for Disabled Singletons

Are you single? Do you feel your disability has affected your confidence and stops you meeting potential partners? Would you like to find your Perfect Match?

An independent television company is currently looking for people to take part in a new Channel 4 relationship series about people who for whatever reason find it difficult forming romantic relationships.

A spokesperson said: "As part of this series we would like to talk to anybody who feels that their disability affects how they approach dating.

"We are looking for people who want to improve their confidence in this area, whilst challenging misconceptions about dating with a disability."

More: If you would like more details on the series, please call 020 3189 3248 for more information or email your contact details to harri.watson@diverse.tv

See the article in Able Magazine at <http://ablemagazine.co.uk/channel-4-looking-for-disabled-singletons/>



Routine screening could be here in two years

By Fiona Macrae, Last updated at 8:28 AM on 12th November 2010

Read more:

<http://www.dailymail.co.uk/health/article-1328917/An-instant-test-40-predict-Alzheimers-Routine-screening-years.html#ixzz159Zed2OK>

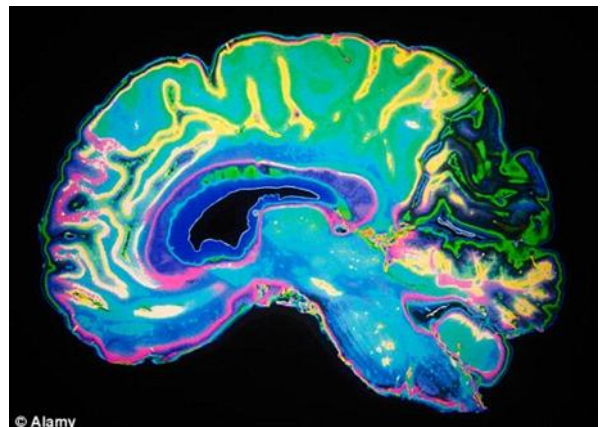
A 30-second test to spot the signs of Alzheimer's in those in their 40s is being developed by scientists.

The simple procedure, which warns of the debilitating disease decades before symptoms show, brings the hope of routine screening for dementia in as little as two years.

Carried out on a computer in a GP's surgery, the test could become as widely used as blood pressure checks.

Those found to have a tiny piece of tell-tale damage to their brains could take preventative measures such as changing their diet and taking more exercise.

Quicker detection would allow earlier treatment and, with the help of new drugs, some who test positive might never develop the disease.



Contrast: At the moment, diagnosis of Alzheimer's is based on memory tests or expensive brain scans. But the new computer procedure, based on a simple test of reaction times, would be quick and easy

Alzheimer's and other forms of dementia affect more than 800,000 Britons, with the number expected to double in a generation.

Professor David Bunce, who led the research, said: 'The study lays open the possibilities for screening, early detection and intervention. The earlier we can intervene with people vulnerable to eventual dementia, the greater the chances of preventing or delaying the disease onset.'

However, not everyone will want to be told their fate so far in advance.

And there are fears that insurance companies could increase premiums for those who test positive.

[Read more](#)

£7 Billion more cuts



Social Welfare Training reports:

Over the next two Parliaments the current system of means tested working age benefits and tax credits will gradually be replaced with the **Universal Credit**. At the end of 2013 at the earliest, new claimants and the long term unemployed are likely to be the first to claim the Universal Credit (others will not move until after 2015). To help pay for this the Government announced in the October Spending Review a further £7 billion more in cuts.

Benefit Cap -

- capping maximum total household benefit payments at around £500 per week for couple and lone parent households and around £350 per week for single adult households, excluding DLA claimants, War Widows and working families claiming the working tax credits from 2013.

Child Benefit -

- withdrawing Child Benefit from families with a higher rate taxpayer from January 2013.

Tax Credits -

- reducing childcare costs of Working Tax Credit from 80 per cent to 70 per cent level in April 2011.
- couples with children will have to work 24 hours a week between them, with one partner working at least 16 hours a week in order to qualify for Working Tax Credit by 2014-15.
- freezing the basic and 30 hour elements of the Working Tax Credit for three years from 2011.
- increasing the child element above indexation by a further £30 in 2011-12 and £50 in 2012-13.

Contributory Employment and Support Allowance -

- Time limited for one year for those in the work related activity group by 2014-15.

Housing Benefit -

- increasing the age threshold for the Shared Room Rate in Housing Benefit from 25 to 35 by 2014-15.

Council Tax Benefit -

- reducing spending on Council Tax Benefits by 10 per cent and localising it by 2014-15.

Disability Living Allowance -

- removing the mobility component of Disability Living Allowance for people in residential care by



THE place for information on disability throughout Shropshire.
www.shropshire-disability.net

2014-15.

Pension Credit -

- freezing the maximum Savings Credit award in Pension Credit for four years by 2014-15.

Mortgage interest -

- extending for a further year the temporary change to the Support for Mortgage Interest scheme, to reduce the waiting period for new working age claimants to 13 weeks and increase the limit on eligible mortgage capital to £200,000 until January 2012.

Cold Weather Payments -

- making permanent the increases in Cold Weather Payments to £25 per week.

Basic State Retirement Pension -

- uprate the Basic State Pension by a triple guarantee of earnings, prices, or 2.5 per cent, whichever is highest.
- speed up the pace of State Pension Age equalisation for women from April 2016 so that Women's State Pension Age reaches 65 in November 2018. The State Pension Age will then increase to 66 for both men and women from December 2018 to April 2020.

Our guide to benefit changes 2010 will be updated as the year progresses – go to <http://www.socialwelfaretraining.co.uk/>

ESA – transfer pilots start

Burnley and Aberdeen are the DWP areas where from October 2010, claimants under the old sickness benefit system (**incapacity benefit/ income support**) will start to be reassessed and transferred over to the **Employment and Allowance System (ESA)**. The system is expected to find around 40% as 'fit for work'. It is due to be rolled out nationally from the end of February 2011.

Figures show that of 2.136m working age people claiming incapacity benefit, 1.2m who have been claiming for five years or more, and 900,000 who have been claiming for a decade.

Meanwhile the number of ESA appeals dealt with by the Appeals Service has jumped by over 400% in the first quarter of 2010 compared to the same quarter in the previous year. The numbers are likely to rise further. Disability Living Allowance and Attendance Allowance appeals remain the second largest and significant category of appeal.

Most benefits cut by 1.5%

The Government now uses the CPI instead of the RPI to calculate annual increases in most benefits from April of each year. This means that most benefits will rise by 3.1% instead of 4.8% in April 2011.

Mobility aid firms put under scrutiny

Article in the Shropshire Star 20th November 2010

The Office of Fair Trading is to investigate the UK's mobility aid industry following a spike in complaints and concerns about poor customer service.



The OFT said it planned to examine the level of competitiveness in the sector and if consumers were well informed and treated fairly.

Consumer advice service Consumer Direct took nearly 5,000 calls from people complaining or asking for advice about the sector last year, a 20% increase on 2008, the watchdog said.

There were also concerns the industry was not working well for consumers, leading to higher prices and less choice, as well as consumers buying products which didn't meet their needs.

Mobility aids are typically used by the elderly, the disabled and those with medical conditions and they include wheelchairs, scooters, stair lifts, bath aids, hoists and adjustable beds.

The UK sector was estimated to be worth around £500m in 2008, and is likely to expand further in the coming years as the number of elderly people rises.

OFT chief executive John Fingleton said: "increasing complaints and the wide nature of the concerns make it appropriate for us to examine this "

SDN would like to hear your feedback and experiences on this, and will pass on your comments to the Shropshire Star (names etc. can be withheld). Send them to newsletter@shropshire-disability.net

Social care 'everyone's responsibility'

By Nick Triggle Health reporter, BBC News, <http://www.bbc.co.uk/news/health-11761090>

Social care should no longer be seen as a right from the state but instead "everyone's responsibility", the government says.

The attempt to change the perception of the sector was made as ministers set out new plans for England.

To achieve this, they promised more support for carers, an increase in personal budgets and a greater role for the voluntary sector.

It comes as an independent commission is looking at social care funding.

Councils are increasingly struggling to provide services such as home help and care home placements because of growing demands.



Thousands of frail and vulnerable people rely on home care services

Funding

But whatever conclusions are reached next year, councils are still bracing themselves for making funds stretch further and further in the future.

The policy paper unveiled by the government on Tuesday effectively paves the way for this by attempting to change the image of social care.

Richard Jones, the president of the Association of Directors of Adult Social Services, said the sector was facing a "significant funding challenge".

"It is about a shift in perception and helping people understand there is a partnership between the individual, families and the state.

"In the public mindset, people still think you get it free."

[Read more](#)



Spending Review 2010 – what it means for disabled children

This document provides an overview on the Spending Review announcements that are likely to have an impact on disabled children and their families. The Spending Review sets out the Government's spending plans for the next four years. The Government will still have a Budget every year to make smaller adjustments to spending.

EDCM will be campaigning on issues of concern for disabled children and their families. If you would like let us know your thoughts on the Spending Review and how it will affect you and your family then please fill out our **case study form** to enable us to tell your story. Hearing from the people that will be affected by policy changes makes our campaigning stronger.

If you would like to campaign on any of the announced changes please see [EDCM's Campaigning Toolkit](#) for ideas. This toolkit has information on contacting your MP and many other ways that you can campaign.

Please Note! Many of the things that were included in the Spending Review we have very little information about. Where this happens EDCM will be asking questions to gain further clarity and will inform supporters about what it means when we find out.

To view the whole document, click [HERE](#)

Deaffest 2011 Film and Television Festival

The Deaffest 2011 Film Festival takes place 20 – 22 May at Light House in Wolverhampton.

Deaffest are asking for films to be submitted for screening (by 31 March 2011) and for competition (by 25 February 2011).

For more information, contact Festival Coordinator, tel 01902 421919/331871, email zebra_uno@hotmail.com or Marketing Coordinator Lindsay Wiggin, tel 01902 719821, email lindsay@light-house.co.uk. Or go to <http://deaffest.co.uk/>



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www.shropshire-disability.net



Commission to Assess Spending Review's Compliance with Equality Law

Article in Able Magazine 25th November 2010, <http://ablemagazine.co.uk/commission-to-assess-spending-review%e2%80%99s-compliance-with-equality-law/>

The Equality and Human Rights Commission (EHRC) will carry out a formal, independent assessment of the extent to which HM Treasury has met its legal obligations to consider the impact on protected groups of decisions contained in the Spending Review.

Under the public sector equality duties – covering race, gender and disability – HM Treasury, like all public bodies, has a legal duty to pay 'due regard' to equality and consider any disproportionate impact on protected groups when making decisions, including decisions about the budget.



Where decisions are found to have a disproportionate impact on a particular group protected by the legislation, public bodies must consider what actions can be taken to avoid, mitigate or justify that impact.

[Read more](#)

Restaurant Review

Hadley Park House Hotel & Restaurant, TF16QJ

Parking: Large car park

Access: After recent refurb, only very small, manageable (on scooter) step from car park into main entrance.

Toilets: Very good, new disabled toilet. Lots of room & plenty of grab rails.

Food: Very good quality food, now offers breakfast, light lunches & afternoon tea

Comments: Staff very accommodating. Hotel offers two ground floor rooms, one with walk in shower.

Recommended by Sian Link 2/11/2010, of Telford & District MS Branch

Please send in your leisure venue recommendations to me at newsletter@shropshire-disability.net



Concerns that progress for Disabled people's rights will be eroded

From RDN West Midlands <http://www.rdn-wm.org.uk/News/Concerns-that-progress-will-be-eroded.aspx>

Inclusion London (a ULO) have published a response to the Spending Review in which they outline their concerns for Disabled people. How will the Spending Review erode the progress made for Disabled people's rights over the last 20 years?

Progress to improve the rights and quality of life for Disabled people has been great over the last 20 years but how much will this progress be eroded thanks to the Spending Review?

Inclusion London outline three main issues for Disabled people. Their report says:

"At this point it is very clear that Disabled people will be hit very hard by the coalition government's spending cuts, as set out in the Chancellor on 20 October.

This is because, firstly, spending cuts on the scale set out in the coalition government's CSR are unprecedented in the post-war period. They strike deep into the heart of the post-war welfare state and the public sector in particular and will erode the fabric of our entire society. Even the government estimates that half a million public service jobs will go, for example. Disabled people will suffer enormously as a result of cuts on this scale.

Secondly, disabled people have been singled out for attack by the Spending Review, with specific attacks on Employment Support Allowance and Disability Living Allowance, for example. The CSR's cuts in the welfare budget – amounting to a further £7 billion – come on top of the £11 billion welfare spending cuts announced in the June Budget, which also included specific attacks on disabled people.

Thirdly, disabled people will be hit hard by further cuts in a range of other specific benefits and supports, tax credits and in public sector provision. These include cuts in areas such as social housing and health services which will disproportionately hit disabled people because poverty and inequality mean that disabled people are disproportionately reliant on such provision. They also include cuts in what may initially appear unrelated areas, such as the cuts in policing and justice, in public sector pension provision and the state retirement age."

The RDN would like to hear your views. How will you be affected and what are your concerns about the rights and quality of life of Disabled people being affected? Contact us and let us know.

Inclusion London's website is <http://www.inclusionlondon.co.uk/>

Home Care Enquiry

The Equality and Human Rights Commission is looking at how the human rights of older people (people over 65) are respected in home care. We need to gather the views of older people, their family and their friends about their experience of home care services. We also want to include the views of current and past home carers / personal assistants, and the views of people and organisations who have knowledge and expertise in this area in this Inquiry.



There are three questionnaires, aimed at

- Older people and / or their family, friends and associates
- Home care staff
- Organisations



Full details can be found on the Commission's website

<http://www.equalityhumanrights.com/legal-and-policy/formal-inquiries/inquiry-into-older-people-in-homecare-and-human-rights/call-for-evidence/> and you can reply – **by 4 February 2011** – by post, email, telephone (Telephone: 0845 604 6610, Textphone: 0845 604 6620) or by fax.

Stem cells used in stroke trial

By Pallab Ghosh Science correspondent, BBC News,
<http://www.bbc.co.uk/news/health-11763681>

Doctors in Glasgow have injected stem cells into the brain of a stroke patient in an effort to find a new treatment for the condition.

The elderly man is the first person in the world to receive this treatment - the start of a regulated trial at Southern General Hospital.

He was given very low doses over the weekend and has since been discharged - and his doctors say he is doing well.

Critics object as brain cells from foetuses were used to create the cells.

The patient received a very low dose of stem cells in an initial trial to assess the safety of the procedure.

Over the next year, up to 12 more patients will be given progressively higher doses - again primarily to assess safety - but doctors will be looking closely to see if the stem cells have begun to repair their brains and if their condition has improved.

Early stages

The company making the stem cells says the trial has ethical approval from the medicine's regulator.

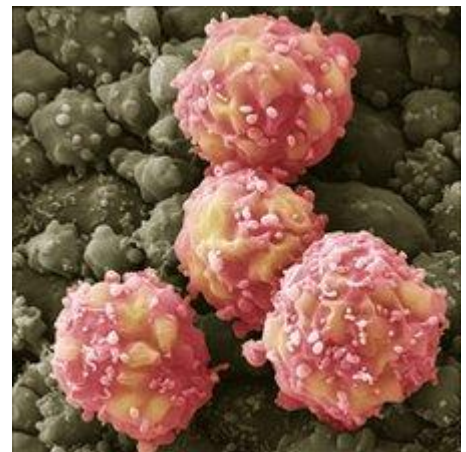
It also points out that foetuses were used in the very early stages of the research and are now no longer used.

Professor Keith Muir, a neuroscientist at Glasgow University and a consultant neurologist at Southern General Hospital, said if the trials went well it would lead to more detailed research.

"We hope that in the future it will lead to larger studies to determine the effectiveness of stem cells on the disabilities that result from strokes," he said.

The first group of patients to receive the treatment will be men over 60 who have shown little or no improvement in their condition over a number of years.

It is an ideal group to assess the safety of the procedure - doctors will be keen to know first of all that the treatment makes them no worse.



Trial patients will get progressively higher doses of stem cells.

[Read more](#)

Geoff Forgie, SDN Chairman, writes:

I met Jon at the Orthopaedic Pool in Gobowen at a point where he was transferred to the pool in a wheelchair! He made such a remarkable recovery over many months I suggested he wrote a short story, which we could publish in our newsletter.

A short story for Geoff

By Jon Shelton

Guillain-Barre Syndrome. I'd never heard of it either until Tuesday September 15th 2009 when my arms and legs stopped working, apparently for no reason whatsoever.

The previous Sunday I had gone for my usual 7 mile jog along the Llangollen canal, just outside Gobowen, with my 9 year old son Tom, on his BMX bike. All was well with the world, we had just returned from our annual holiday to Spain the weekend before.

... The only downside this year was on our last evening we had Rosada (a local fish) at our favourite restaurant on the promenade and had all got food poisoning at various stages on returning home. Not to worry, all was sorted now and it was business as usual in our household.

The following morning I awoke to find that my middle and index fingers in both hands wouldn't straighten properly. They didn't hurt at all; they just wouldn't straighten out under their own steam. I have one of the new allotments in Gobowen and during the weekend had been working on it with a pick axe and thought I'd overdone it. My job is based at home, using mainly phone and computers, so I carried on as usual hoping they might recover with a bit of time. By the end of the day they hadn't improved at all so we went to the walk-in centre at the Gobowen Orthopaedic who examined my fingers. They agreed I had given it too much welly with the pick axe and suggested I went to see my GP the following day. Mel noticed I seemed to be shuffling a bit but we just put that down to the fact that I had run 7 miles the day before and wasn't getting any younger.

I slept fine, but awoke the following morning to find my legs seemed to have lost a lot of strength and I barely struggled to the bathroom before collapsing back into bed. I tried to get up again a little later but it was worse. We phoned NHS direct who thought I might be having a heart attack or stroke so called for an ambulance. Some 15 minutes later I was being stretchered down the stairs. Unfortunately Tom was just getting ready for school and saw the whole thing.

... I was taken to Wrexham General A and E and in due course a young doctor examined me. In conjunction with the tests they carried out on me in the ambulance, she agreed I probably wasn't having a heart attack or stroke. Some good news then. She came back several times during the next few hours, carried out more tests and eventually said she thought I might have a disorder called Guillain-Barre Syndrome which was very rare but she could never remember how to spell it. ... However she wouldn't be able to confirm it until they had carried out further tests and hence didn't want to be drawn on what the implications for me were.

Still, I wasn't in any pain, and was able to push my old glasses up my nose when they slipped down (I normally wear contact lenses but hadn't had time to put them in as the ambulance crew rushed me out the house). Then my left arm wouldn't move despite all my efforts to "tell" it otherwise. Not such good news. But at least I could move my right arm. About an hour later that stopped working as well. I was completely paralysed from the neck down, apart from, perversely,



the thumb on my right hand which would move up and down about a quarter of an inch. But nothing else. My glasses slipped down my nose and fell on to the floor. I just lay there, powerless to do anything about it.

... Early that evening my wife Mel, daughter Jennie (15) and Tom visited me. The doctors spoke to Mel and I, now reasonably sure that I had GBS and of course we wanted to know what lay ahead in terms of treatment and recovery. I explained I had a meeting to go to in Germany the following week and this started the ball rolling but not quite in the way I had anticipated. The doctor suggested I cancel my trip as I wouldn't be going anywhere for quite some time. He explained that it was a very debilitating disease, and progress is measured in months and not days or weeks, but that I would get better. Interesting word "better".

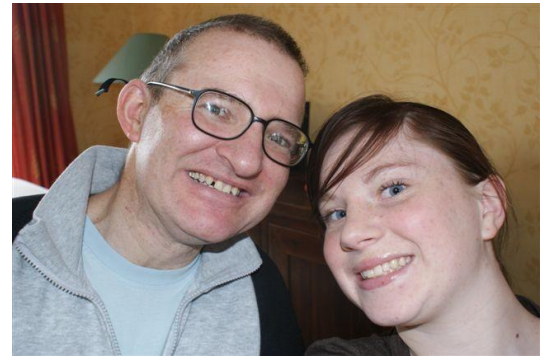
... I really couldn't get my head around the fact that I'd become almost totally paralysed with no apparent cause (in my "scientificish" brain cause and effect should be similar). It wasn't as though I'd been in a car crash or fallen down the stairs or anything like that. There appeared to be nothing commensurate with a long stint in hospital. Although no-one really knows the mechanism for GBS, it is thought that if a virus attacks the body the autoimmune system recognises the chemical signature of the invader (or antigen) and manufactures specific antibodies to attack the antigen. Normally this works fine. In our case we had all contracted campylobacter food poisoning. For Mel, Jennie and Tom recovery had gone exactly according to plan. In my case (and this is GBS) my body had produced too many antibodies and the excess had coursed around my body looking for something to attack that "looked" like – or had a similar chemical signature to – campylobacter. It transpires that my peripheral nervous system (nerves – axons - covered with a myelin sheath that made my arms and legs work by firing electrical current into my muscles) had a similar profile and the antibodies had attacked these, causing the paralysis.

... From here on things became even more unclear. At that time we naturally wanted to know what treatment was involved and how long it would take. Regarding treatment there is nothing that can be done directly - it isn't possible to operate. There are treatments that boost the immune system (immunoglobulin's); the blood plasma can be changed as this carries the antibodies (plasmaphoresis – via a dialysis machine), in the hope that the "bad" antibodies are flushed out; there are various other experimental treatments, chemotherapy drugs (e.g. Rituximab) that



completely kill off the immune system, in the hope that the "bad" antibodies are killed off in the process. The first two treatments are fairly "standard" and the third is more radical, with potentially quite nasty side effects. In reality it is trial and error and hope that something kick starts the body back into recovery. Regarding "getting better" once I was under a neurological consultant all he would really say was that it was a very slow process and improvement is measured in months and even years (by then it was clear I had a bad dose). That, and look very concerned. I know now that he honestly couldn't say anything else, but he, along with everyone else for that matter, really delivered for me.

I had one lot of immunoglobulins at Wrexham followed by plasmaphoresis which took two hours a day for five days on a dialysis machine. After two weeks I was transferred to Walton where I had another shot of immunoglobulin's and electrical conductivity tests on my arms and legs, then after much discussion and deliberation, and after 5 weeks at Walton, I had my first dose of Rituximab. The second dose followed two



weeks later. I had received every possible treatment. Unfortunately, none of the treatments improved my condition significantly. My arms in particular, were just useless. That was it, so it was off to rehabilitation.

At my request I was transferred the Orthopaedic at Gobowen for my rehab. I was there for 10 weeks and was discharged home on 29th January 2010. At that point I could just about stand up and was moving around in an electric wheelchair that I controlled with a head pad and two antennae for left and right, that would swivel upwards once the power was switched on and off. Tom thought I looked like something out of Doctor Who and desperately wanted a go.



A year on from getting ill I am now pretty much independent. As the doctors advised, things have improved slowly, but it's very weird. When things start to work again, it's nothing like before. My legs wouldn't go where I wanted them to. I lost two stone in the first 6 weeks (I was 12 to start with) and it was all muscle wastage so I was incredibly weak. The GBS website uses an alternative terminology for GBS: "Getting Better Slowly" and its symbol is a tortoise, which is spot on. My hands and fingers are still a way off yet, energy levels, balance and walking are not normal but I am unrecognisable from the patient admitted to Walton. The downstairs bed and the wheelchairs have all gone back. I go to the Orthopaedic 10 times a week for physio, occupational therapy, to use the gym with my (fantastic) Allenby Douglas carers who tie me onto the machines that I cannot hold onto with special gloves, and the hydrotherapy pool, without which there is no way I would have made the progress I have. I've been very unlucky to get GBS, but everything that has happened to me since has been the best possible. We all read a lot of negative press about the NHS but I couldn't wish to have been looked after any better, and I needed some looking after!

... My philosophy throughout has been simply to do everything I can to get as good as I can be. And with the amazing people who have looked after me, I am in no doubt we shall get there (far too many to mention but I must thank the two physios who have tirelessly supported and encouraged me throughout and continue to do so, Becky and Pauline at the Orthopaedic. The ladies who taught me to walk again. And of course Mel, the kids, and our dog, Tilly).

Positives so far? Jennie phoning in August this year from School to say her GCSE results were better than expected (she got eleven). Prior to me getting ill she was appointed head girl at her School which involved a lot of extracurricular activities. Never once did she use my condition as an excuse for anything... My illness had hit Tom pretty hard; one unspeakable kid having seen me being pushed about in my wheelchair had told Tom I was "spasticated". Nice. Tom loves watching the WWE wrestling on the TV and a couple of weeks ago, just before the bed in the lounge went back, decided he would try some moves out on Dad. Mel was mortified. However, it was quite a close contest; he had the speed, dexterity and strength advantage but I had weight. And of course I cheated. We just sat there laughing stupidly; that juvenile, hysterical carefree laughter that can't be stopped and if you try it just gets worse. In fact, the very best kind. I hadn't heard Tom laugh like that in a year. Dad was on the mend.

It's been one hell of a year. I never thought I would ever stand up or hug my kids again and now I am walking up the stairs and swimming 20 lengths in the pool. After taking a test, I am able to drive an unmodified car again and hope to go back to work early next year.

Never Give Up.

Read the whole story

The NDCS Listening Bus

The hugely popular Listening Bus has been travelling the UK since 1996 delivering the NDCS's unique information service to the doorstep of the nation's deaf children; their families and friends and the professionals working with them.



The friendly and knowledgeable roadshow team provide workshops demonstrating the latest equipment available to give hearing impaired children and young people more independence and the opportunity to try the equipment for themselves. Flashing doorbells, earhooks (for listening to music) and vibrating alarm clocks are just some examples of the wide range of equipment on show that can hugely benefit deaf young people. Workshops for hearing children are also on offer; raising awareness of childhood deafness and closing the communication gap between the deaf children and their hearing peers.



The bus stocks NDCS publications and provides information on all other NDCS services and activities, plus other essential deafness related resources such as where to purchase equipment, online resources for deaf young people, parent led local groups and more.

The Listening Bus will be in the West Midlands from 7th – 13th February 2011 and 21st February to 6th March 2011. You can find out about their schedule of visits nearer the time on

http://www.ndcs.org.uk/family_support/how_ndcs_can_help/listening_bus/schedule.html
but you can also book the bus for a visit during those periods on
http://www.ndcs.org.uk/family_support/how_ndcs_can_help/listening_bus/contact_or_book_bus.html

RDN West Midlands how-to guides now online!

The RDN project has produced four useful new guides for groups and organisations. The how-to guides are free and available to download from our website now. They cover organising accessible meetings, producing alternative formats, conducting successful market research and writing annual reviews. There is also an editorial policy for the RDN newsletter which you can adapt for your own publications.



The guides are available at <http://www.rdn-wm.org.uk/Downloads-and-Resources.aspx> and include:

- RDN How-to Guide to producing alternative formats
- RDN How-to Guide to holding accessible events
- RDN How-to Guide to writing an annual review



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- RDN How-to Guide to conducting market research
- RDN Newsletter Editorial policy
- Disability Timeline
- Research on Disabled people and unemployment
- Easy Read Equality Act
- Equality Action Booklet
- Evacuation Plan for Disabled people
- The UN convention on the rights of people with disabilities – what does it mean for you?
- Generic Lone Worker policy
- Get Legal Website

Cost cutting could make personal care a blunt instrument

You get what you pay for when it comes to quality of care agencies, Edward Lawrence has found. But will cost cuts force him to accept an inferior quality of life?

Article in the Guardian Joe Public Bog at

<http://www.guardian.co.uk/society/joepublic/2010/nov/26/cost-cutting-personal-care-edward-lawrence>



Can personal budgets deliver a silver service level of care? Photograph: Daisy Daisy/Getty Images

I know I shouldn't compare them, really I shouldn't, but they both call themselves care agencies so fair's fair and this is my own admittedly highly subjective experience.

So here goes....

Imagine, if you will, two knives. A brand new, one-piece carving knife with a razor sharp blade. That's the new agency; one that has garnered numerous awards from brain injury charities for its rehabilitation work. In my case they help me make and plan and more importantly achieve goals that are measurable and which I am unable to contest. But I still contest them anyway. For lots of reasons I find it hard to see progress. The other older care agency, the one I now use only for domestic care in the morning and

evening, isn't even in the cutlery drawer, let alone the kitchen. It is a rusty old butter knife, in the garage, used to prise open tins of paint. Am I being harsh? Not really.

When I was released from hospital, the local authority set up the care package with the rusty butter knife agency. At the time it seemed like a blessing. Now, with their risk-averse attitude and basic ineptitude, I see it as a curse. They charge almost £14.50 an hour, of which the carer is rewarded for her efforts the princely sum of £6.50, the rest presumably going to the agency as a management rate. I imagine the old rope shop next door to the agency can't get enough stock to cope with demand. As I say, I use them only for domestic duties and have kept them on as changing agency can be a great hassle, something akin to changing one's bank account.

Read more

Shropshire Crossroads to close?

Ruby Hartshorn writes:

I heard last week that due to lack of funding Crossroads in Shropshire will cease in March 2011. It really shook me when it appeared as headlines a few days later in the local press - I recall how valuable Crossroads care was to me when I was caring for my now late Mother. Never did I grudge a minute that I gave to Mum but to have 3 hours each Thursday that was my time, my escape, being able to do things without worrying, as Mum was in safe hands, being cared for by another person. So it was also her time.

This week I have met two people who are really worried - come March, what will happen? Respite is not easy to come by and many people in Shropshire will be affected by not having this help.

We would like to hear if you are being affected by Crossroads Shropshire coming to an end. What are people going to do? How do Crossroads carers feel about this? Please let us know.

Please send your comments to newsletter@shropshire-disability.net Shropshire Crossroads website is <http://www.shropshirecrossroads.org.uk/index.html>



Diabetes drug for Alzheimer's explored

Tuesday November 23 2010, Article on NHS Choices

"A common diabetes drug could be redeveloped as a new treatment for Alzheimer's," reported the BBC. It said that metformin may help prevent the formation of "tau tangles", a key brain abnormality linked to the disease.

This study investigated whether metformin has any effect on the tau proteins that form these tangles. In studies of mouse cells, metformin increased the activity of an enzyme that can counteract the development of the tangles. Similar findings were also seen in live mice given the drug.

These are promising findings, but this is early research and many questions still need answering. It is not known if the drug can prevent or treat the brain changes seen in Alzheimer's in humans or if it can help with memory, cognition and recognition problems. Also, the doses used in these experiments on mice were much higher than the equivalent doses used to treat diabetes in humans. It is not known if an equivalent human dose would be safe.

Read the rest of the article at

<http://www.nhs.uk/news/pages/newsarticles.aspx?TopicID=QA+articles>



Metformin is licensed to treat diabetes

SHROPSHIRE FIGHTS BACK

<http://www.shropshirefightsback.org.uk/> is a website which:

'is independent and non-partisan. Its aim is to encourage those from all across Shropshire to come together to demonstrate how strongly we feel against job losses and the loss of public services. Whether you are a union member, member of a political organisation, student, housewife, campaigner, pensioner etc., if you are worried about how the cuts will affect you and want to get involved in the campaign, this is for you. If you're not, and we can't change your mind, then there's nothing for you here.'

Shropshire Fights back organises protest meetings and rallies against the cuts and members update the site with more information, such as an entry under **Citizens' Advice now to disappear?** By Charlotte Goggins:

'All 3rd sector agencies are under threat as a majority rely on central or local government funding. The CAB provide services which people are going to need more and more as the effects of the cuts kick in and yet nationally these services are under threat as people need them most.

I work at the CAB in Stoke, one of the biggest in the country and we (80 paid staff members) have all received initial notices of redundancy proceedings. My project folded almost immediately the coalition began, as we work with new migrant children and any services concerned with migration (particularly refugees and asylum seekers) are even more threatened than most!'

Funding pulled on Shropshire homes for the elderly

Read more: <http://www.shropshirestar.com/news/2010/11/24/funding-pulled-on-shropshire-homes-for-the-elderly/#ixzz16laalA2c>

The Government has pulled the plug on funding for a £137 million Shropshire project to build hundreds of one and two-bedroom homes for older people and those with dementia.

Shirehall bosses are now looking at whether Shropshire Council can secure alternative funding to safeguard its Extra Care Housing scheme.

The council planned to fund the project through the Private Finance Initiative (PFI) system but the Homes and Communities Agency has announced that it will no longer support those schemes that are still in the "pipeline".

Shropshire Council is one of 13 which has been cut off from this funding source.

The agency has said that it will work with authorities to "consider future options" but does not wish to raise any expectations of alternative funding being available.

Val Beint, director of community services at Shropshire Council, said today: "We are disappointed by the announcement, as a lot of work has gone into the development of the Extra Care homes scheme.

"However, we remain committed to finding ways of developing Extra Care Housing in Shropshire

and are working with partners to explore other ways forward.”

The council wants to build 400 one and two-bedroom units for rent, mainly for older people who might need occasional help and support, and 24 respite units with facilities for dementia sufferers and their carers.

They would be located on a number of sites across the county, including Wem, Oswestry, Market Drayton, Shrewsbury, Baschurch and Highley.

Each development would also have community facilities.

There is said to be a strong need for such homes as Shropshire's elderly population is growing at a much faster rate than regional and national level.

Figures that were presented to the council cabinet last March showed that the number of people aged 65 and over in its area rose from 46,200 to 57,300 between 1991 and 2007.

Council leader Keith Barrow, speaking at the time about the need for Extra Care Housing, said: “There are people looked after in their own homes, and there are those who are in residential care, but in the middle there is a void.”

The council has spent more than two years developing the project and initially looked at 25 potential sites across the county, before reducing them to eight.

By Dave Morris

Club MS



is for young adults in Telford and District who have Multiple Sclerosis. There are two strands, the MS Young Adults Club and the MS Parent and Under 5's Club.

Club MS aims to provide a relaxed, fun, friendly atmosphere in which young people with MS can share similar experiences about family, work and life in general as well as supporting one another in overcoming the challenges of being a young person with MS in the world today.

MS Young Adult Club

A social group aimed at young adults who have MS and still want to have fun socialising in the evenings with great company, good food accompanied by a good drink or two. The MS young adult group aims to meet up once every six weeks.

MS Parent and Under 5's Club

This strand of the group aims to enable parents or those thinking about starting or extending their family to meet up in a relaxed friendly atmosphere and share tips about being a parent with MS. The venue will be suitable for under 5's who will have an opportunity to play and make new friends. The club has a library box of resources that include books and toys that reflect positive images of disability as well as toys/ dressing up clothes to support role play. The MS parent club is held once every half term during term time.

If you would like to find out more about the MS Club call or text: Becca or Strurcha on 07972 614307 or go to http://www.mssociety.org.uk/branches/west_midlands/telford/club_ms.html

Congratulations to A4U in securing Social Welfare Law funding!



A4U Action, Advice, Advocacy have been successful in their bid for Social Welfare Law funding to continue their specialist quality marked Community Legal Services contract with the Legal Services Commission.

The new 3 year funded contract will enable A4U to provide legal advice and support for people in Shropshire, and Telford & Wrekin who have a disability or long term medical condition and who meet the financial eligibility criteria.

In addition to the Welfare Benefits service already provided, A4U will now be funded to carry out legal work in Debt, Housing and Community Care matters.

A4U offers support to claim welfare benefits and allowances such as Disability Living Allowance, Attendance Allowance, Employment Support Allowance, Carers Allowance and Tax Credits including legal advice on challenging decisions. A4U will also be offering legal advice for Housing issues including Housing Benefit and Council Tax Benefit and tenancy problems, and all types of debt work.

Community Care legal help includes such matters as obtaining or challenging Community Care assessments, the provision and charging for services, provision of Direct Payments and other issues relating to health and social care.

A4U are based in Shrewsbury; more details at <http://www.a4u.org.uk/index.htm>

Work test 'not fit for purpose'

By Sunil Peck, Article in Disability Now at <http://www.disabilitynow.org.uk/latest-news2/work-test-not-fit-for-purpose>

Campaigners have welcomed an independent review of the Work Capability Assessment (WCA) but have warned that the system for determining whether or not people are capable of being moved off benefits and back into work will continue to fail disabled people.



The independent review is the first of five statutory annual reviews of the WCA and was carried out by Professor Malcolm Harrington, an occupational health specialist.

Professor Harrington found that the assessment which decides whether someone will receive Jobseekers Allowance (JSA) or Employment and Support Allowance (ESA), is failing because questionnaires are "lengthy" and sometimes difficult or impossible to fill in and that assessments fail people with fluctuating conditions because they rely on stock questions such as whether or not a claimant can load a washing machine.

The review has put forward recommendations including the introduction of mental health specialists in medical assessment centres to spread good practice; reducing reliance on the medical assessments and giving more power to job centre staff; Improving communications and



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the level of support provided to those who undergo a WCA and Ensuring the medical assessment is transparent by, subject to an initial pilot, recording all assessments.

The Minister for Employment Chris Grayling accepted the recommendations and said that Professor Harrington's review was a "crucial" step to helping thousands of people into work.

He said: "It's in everyone's interest that we get the WCA right and Professor Harrington's recommendations will make the assessment fairer and more effective."

Dr Mark Baker, Co-Chair of the Disability Benefits Consortium, said: "The extent of the Review's recommendations clearly indicate that the current WCA process is deeply flawed and the Government needs to make sure that, once they have implemented the recommendations, these issues are fully resolved.

They should not proceed with moving claimants of older incapacity benefits onto ESA, via the WCA, until it is clear that the assessment is working fairly and effectively."

Neil Coyle, Director of Policy at Disability Alliance, said that the coalition government's response would not reassure disabled people that the system would be made fairer because of a desire in the DWP to cut the number of ESA claimants.

Commenting on the uncertainty over how long the government might take to implement the recommendations, he said: "Thousands of disabled people will remain inadequately served by the test and inappropriately directed to insufficient support. Costs to taxpayers will continue to rise through high numbers of avoidable appeals and DWP incurring avoidable costs."

Richard Hawkes, Chief Executive of Scope, said that he hoped that the recommendations would increase disabled peoples' confidence in the WCA.

But he added: "Disabled people face a myriad of barriers to employment, from practical to social and psychological. We urge Professor Harrington to make it his priority to look at how the WCA takes into consideration all of these barriers and therefore give a more accurate representation of someone's likelihood to get a job."

White Appliances Scheme



Telford & District MS Branch Newsletter reports that:

If you are an E-on electricity customer you might want to check out their White Appliances scheme. This is a fund available to very low income households to replace older white appliances with a newer, more energy efficient model. Call 0800 0511480 for more details.

Priority Register Scheme

If you are registered disabled or suffer from long term health problems check with your utilities suppliers – water, electricity and gas – that you are on their Priority Services Register, giving you access to a range of benefits and advice about your energy bills, metering and other help.

According to the Seven Trent Water Authority web site, if you are on certain benefits and are incontinent then your water bill can be capped at a set amount each year, regardless of whether or not you are on a water meter. For more information check out the Watersure Scheme at www.stwater.co.uk or call 08457 500 500.

More information is available at Consumer Focus <http://www.energywatch.org.uk/>



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Welfare reform: government backs system of working in 'slivers of time'

Ultra-flexible work system, which allows people to sell their labour in small blocks of time, is placed at the heart of the government's welfare reforms

Nicholas Watt Chief political correspondent, The Guardian,
<http://www.guardian.co.uk/politics/2010/nov/14/welfare-reform-working-slivers-of-time>

Disabled people and lone parents face further upheaval to their benefits as an "ultra-flexible" work system, which allows people to sell their labour in small blocks of time, is placed at the heart of the government's welfare reforms.

Lord Freud and Maria Miller, the welfare ministers, are examining changes to benefit rules to allow people to sign up for work for as little as two hours a week under the slivers of time initiative.



The government's decision to throw its weight behind the pioneering system comes as Tesco announces it is to throw open a slivers of time scheme to its 340,000-strong workforce. From today, any Tesco employee will be able to sign up for overtime for modest or longer periods of time at their workplace or at any Tesco store in their area.

Tesco is to open up its slivers-of-time scheme to its entire workforce. Photograph: Christopher Thomond for the Guardian.

Slivers of time, a social enterprise founded by the former BBC producer Wingham Rowan, is designed to tap into the pool of people who cannot work the usual hours expected even of the average part-time employee. It is aimed at parents with young children, disabled people who may not be available for work for most of the week, people who care for a dependent adult or the long-term unemployed who want to ease slowly back into work.

"There are millions of people who need to work in a fragmented way," Rowan said. "Some of these people are real assets but they can be excluded from the labour market."

The government is keen to incorporate the slivers of time system into the new universal credit, the centrepiece of the welfare reforms unveiled last week by Iain Duncan Smith. Freud and Miller want to pilot the system for disabled and lone parents at jobcentres across Britain from next April with a view to rolling it into the running of the universal credit from 2013.

[Read more](#)

Hospital are delaying certain operations to save money

YOU&YOURS

and reclassifying many treatments as a low priority, procedures like hip and knee replacements



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are being placed on low p[priority lists if doctors deem them to be of limited worth.'

This was the subject of the **You & Yours** programme on 24th November; to hear more go to <http://www.bbc.co.uk/programmes/p00cbzhs>.

The same programme also talked about **Personalisation of Care**, as part of its Care in the UK Series. A previous programme had described how Graham Ellis, a man who needs care for all his waking hours, had been able to use Personalisation to pay for a carer to go on the sort of holiday he like instead of being forced to take a respite break in a care home. He said "I feel a full member of society again. I don't feel as though I should be something that is locked away in the house and nobody see. It's given me a life back."

'But Graham Ellis, and others like him, are finding that the money they are getting for care and support is being cut despite their needs still being the same.

... 'I've been told of one man with Multiple Sclerosis who has had his budget cut from £38,000 a year to £11,000 and Graham Ellis ... has been told that his £21,000 budget is now being reduced to £12,000.'

Go to <http://www.bbc.co.uk/programmes/p00cc12w> to listen to the whole item.

Other items in the Care in the UK Series can be found at

<http://www.bbc.co.uk/radio4/features/you-and-yours/care-in-the-uk-2010/> and highlights from the You & Yours Disability Archive, including William Roache talking about becoming deaf, can be found at <http://www.bbc.co.uk/radio4/features/you-and-yours/disability/>.

The winter edition of the 'All In' activity programme is out now. **Download it here.**

Remark! Interpreting – new deaf interpreting agency



We are Remark! Interpreting, and we are excited to announce that we have just opened up new offices in Birmingham!

Remark! Interpreting are a deaf-run and deaf-led agency supplying interpreters and communication support workers to deaf people throughout the UK. Our new Birmingham offices are an extension of our London based offices, opened to meet increasing demand for interpreters in the Midlands. The advantage of being deaf-led and deaf-run is that we know what support deaf individuals need and as such we are in an excellent position to be able to offer a personal but professional client-focussed service.

For more information contact **Carolyn.nabarro@remark.uk.com**, Telephone 0121 230 1719, SMS 07921 004355

Events

The winter 'All In' guide to activities for children and young people with disability or additional needs is out now.

Download it here.



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04/12/10	Multi-Activities	10.30am-12.00	St Leonard's Church Hall	50p per child	Fun & games for all with Ping Pong John & other guests.
10/12/10	Coffee Morning	9.30am onwards	Cinnamon Café	-	A great opportunity to have a chat & swap experiences.
18/12/10	Xmas Party	10.30am-12.30	St Leonard's Church Hall	Free	Xmas party & disco for all the family!
19/12/10	Swimming	5 - 6pm	Bridgnorth Leisure Centre	Free	Buddies have exclusive use of the pool. Bring the family!

More details at <http://www.bridgnorthbuddies.co.uk/>



Carers Contact Centre

Carers Rights Day	3rd Dec	09.30am start. Information event at the Holiday Inn, Telford. See 3rd December below or phone 01952 240209 for more details.
Pamper Day	7th Dec	10am-12.30pm at the Carers Contact Centre, Leegomery Booking essential, phone 01952 240209
Carers Walk - Lightmoor	8th Dec	10:30am start. Meet at Carers Contact Centre, Lightmoor. Followed by coffee & mince pies.
Pamper Day	11th Jan	10am-12.30pm at the Carers Contact Centre, Leegomery Booking essential, phone 01952 240209.
Carers Walk - Shawburch	19th Jan	10:30am start. Meet outside Spar Shop, Shawburch
Pamper Day	1st Feb	10am-12.30pm at the Carers Contact Centre, Leegomery Booking essential, phone 01952 240209
Carers Forum	2nd Feb	Phone 01952 240209 for more details

More details at <http://www.carerscontact.org.uk/diary.html>

22nd November – 22nd December 2010 – UK's first ever Disability History Month

The month will be about giving a voice to our history. It is about celebrating the lives of disabled people, recognising our rights and the past struggles for equality.

Go to <http://www.ukdisabilityhistorymonth.com/> for more information.



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PARENT PARTNERSHIP SERVICE

Shropshire and Telford & Wrekin

Wednesday 1 December 2pm – 4pm Haughton School, Queen Street, Madeley. Telford. TF7	Haughton Drop-in session for Telford parents/carers of pupils with complex special needs (primary and secondary). Joy or Mike - 01952 387551 or 01952 387552
Thursday 2 December 7pm Quaser Laser at the AMF Bowling Alley, Brixton Way, Harlescott, Shrewsbury	Spectrum Christmas event for Shropshire parents of children with autism, Asperger's Syndrome, ADHD and associated difficulties Laser Quest followed by meal at Dragon King (paid for by Spectrum) Alison - 01939 220567 Jeannette - netgriffiths@fsmail.net Please contact Jeannette to book a place
Friday 3 December 10 am – 12 noon Stepping Stones Centre, Brunel Road, Telford. TF3 2BF	Dyspraxia/Developmental Co-ordination Disorder (DCD) Parents/carers welcome to this new group Alex Hiam 01952 458018 alex@pps-shropshireandtelford.org.uk
Sunday 5 December 1.30 pm – 3.30 pm Ludlow Leisure Centre, Bromfield Road, Ludlow SY8 1DR	Drop-in information for parents/carers of children with special needs – Parents and Carers Council (PACC) Sarah – 0845 6012205 enquiries@paccshropshire.org.uk www.paccshropshire.org.uk
Monday 6 December 12pm – 2 pm The Liz Yates Centre, The Poplars, Lightmoor, Telford. TF4 3QN	PODS Forum - meeting for Telford & Wrekin parents/carers of children with disabilities and additional needs. Jayne - 07824 631297 Julie - 07850 682149 podsw@yahoo.co.uk
Wednesday 8 Dec 9.30 am – 12.30 pm Woodlands Outreach Centre, Wem. SY4 5PJ	Professionals Training ASD Autism West Midlands training course for professionals Hilary McGlynn - 01939 231181 mcglynn.h@shropshirelg.net
Thursday 9 December 10 am – 12 pm Hadley Learning Centre, Telford. TF1 5NU	STAA - for Telford parents/carers of children with autism, Asperger's Syndrome, ADHD, and associated difficulties. Julie Collins 01952 457439 julie@pps-shropshireandtelford.org.uk Lesley Diss 01952 617758 lesley@pps-shropshireandtelford.org.uk
Saturday 11 December 2 – 4 pm Craven Arms Community Centre Newington Way, Craven Arms. SY7 9PS	Empathy Group Family opportunities to take part in activities and sports (parental supervision at all times please) Sam – 077905 84987

January 2011	
Wednesday 5 January 2pm – 4pm Haughton School, Queen Street, Madeley. Telford. TF7	Haughton Drop-in session for Telford parents/carers of pupils with complex special needs (primary and secondary). Joy or Mike - 01952 387551 or 01952 387552.
Thursday 6 January 8pm – 10 pm Lord Hill Hotel, Abbey Foregate, Shrewsbury	Spectrum for parents/carers of children with autism, Asperger's Syndrome, ADHD and associated difficulties Alison - 01939 220567 Jeannette - netgriffiths@fsmail.net
Friday 7 January 10 am – 12.00 noon Stepping Stones Centre, Brunel Road, Telford. TF3 2BF	Dyspraxia/Developmental Co-ordination Disorder (DCD) group All parents carers welcome Alex Hiam 01952 458018 alex@pps-shropshireandtelford.org.uk

More details at <http://www.parentpartnership-shropshireandtelford.org.uk/1.html>

Telford & District MS Branch Monthly Events

Gym Sessions - Wednesdays 12.30pm to 1.30pm, Gym at the PRH.

Assessment required prior to joining this group. Please call Sian to arrange an assessment.

Yoga Classes - Mondays at 1pm – 2pm at Wellington Leisure Centre in the Committee Room.

Swimming - Wellington Leisure Centre allows the branch to have a small section of the pool during public swimming on Thursdays at 3pm. This is NOT a supervised session, swimmers swim at their own risk. Call the leisure centre on 01952 382720 for more information.

Please contact Sian on 01952 256009 to check the Christmas & New Year arrangements for these activities.

More details at http://www.mssociety.org.uk/branches/west_midlands/telford/weekly.html



1st – 31st December, 2010 – Wallace & Gromit's Great British Tea Party

Wallace & Gromit's Children's Foundation is a UK charity championing the cause of sick children by raising funds to improve their quality of life in hospitals and hospices. The Foundation funds an innovative range of projects to ensure children in hospitals and hospices have access to the very best comforts, facilities and equipment giving them a better, brighter future. These include arts, music and play therapy programs, sensory equipment and facilities, respite care, state of the art

equipment and pull down beds and refreshments rooms for parents. Wallace & Gromit's Great British Tea Party invite the nation to put the kettle on to raise money for sick children nationwide! All we ask is for you to invite friends, family and colleagues to your tea party, bake a cake and make some tea and



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all donations go to the charity! What better way to celebrate the nation's favourite drink and treat yourself to a bit of cake! Visit the website for more details.

<http://www.wallaceandgromitfoundation.org/>

1st December 2010 – World AIDS Day

This World AIDS Day - 1 Dec - take action to tackle HIV prejudice and to protect yourself and others from HIV transmission.

Over 90,000 people are living with HIV in the UK and new infections continue every year. Explore this site to ensure you understand the facts about HIV and find out what you can do to ACT AWARE. More information at <http://www.worldaidsday.org/>



1st December 2010 – Taking Part, The Hive

Event for Over 16s with learning difficulties. 7 – 10 pm. The Hive, 5 Belmont, Shrewsbury. More details at

http://www.takingpart.co.uk/december_2010.html

Please note: No event in January



2nd December - Shrewsbury & District MS Branch

At the Hamar Centre, RSH, 10:30-11:30 Exercise session. 12.30pm Christmas Buffet Lunch, 1.30pm Entertainment

The buffet lunch is provided by those wishing to join in. Hilary has a list of food required so ring 01743-351017 to arrange what to bring as your contribution, nearer the date.



2nd December 2010 – Spectrum Meeting

A social event for parents and carers of children with Aspergers Syndrome, High Functioning Autism, ASD, ADHD and Challenging Behaviour. We are meeting at the AMF Bowling Centre in Harlescott at **7pm for a session of Quaser Laser**, then we will be going onto to the Dragon King for a meal, please contact Jeannette Griffiths if you'd like to attend.

NOTE: WE WILL NOT BE MEETING AT THE LORD HILL THIS MONTH.

Email: netgriffiths@gmail.com tel/text 07852691774. See new website at <http://spectrum.t83.net/>



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3rd December 2010 – Telford & Shropshire Osteoporosis Support Group Festive Coffee Morning



10am – 12 noon. Venue: Wellington Methodist Church, New Street, Wellington, Telford, TF1 1LU (Small car park on site and car parks nearby in The Parade and Victoria Road)

Everybody is welcome, please come along and help to support and raise funds for your local group. Tombola and Bring & Buy. For further information please contact: Gill on 01952 433183

3rd December 2010 – Carers Rights Day



- 9.30am – 12.30 pm, **Information Event** at the Holiday Inn, Telford.

Talks include *The mental Health Act – what carers may need to know*, *Fighting your way through the system* and *Mental Capacity Act – implications for carers*.

Phone 01952 240209 for more details. <http://www.carerscontact.org.uk/diary.html>

- Carers Rights Day is all about knowing your rights - finding 'hidden' carers who don't realize they have rights; supporting carers to claim what they are entitled to; and informing carers and carers groups about what new protections for carers in the Equality Act will mean for them. Download our new edition of '**Looking after Someone**', our comprehensive guide to carers rights and benefits, at <http://www.carersuk.org/Newsandcampaigns/CarersRightsDay/Adviceguidesforcarers>



- Community Council of Shropshire Carers Support Service – Do You Know Your Rights?**

2 – 4 pm, at St. Peters church, Monkmoor Road, Shrewsbury, SY2 5BE. The Community Council of Shropshire (CCS) Carers Support Service is hosting an event that is open to anyone who is a carer or may have contact with carers who provide unpaid help and assistance to a family member, neighbour or friend due to frailty, disability or other needs.



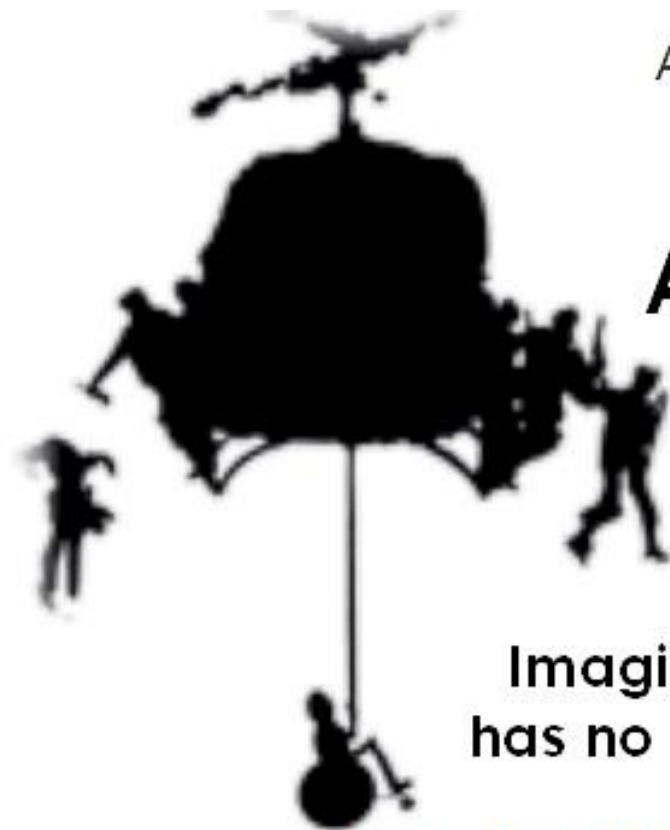
- 2.00pm Welcome by Celia MacIntyre, Head of `Service Family Carers and Community Well-being, CCS
- 2.05pm Overview of Carers Rights, Diane Cuff, Carers Team Manager, CCS
- 2.20pm Who Funds Long Term Care including reference to Continuing Health Care Funding, Third Party Top ups, Making Gifts & Lasting Power of Attorney
Presented by Liz Holdsworth, Consultant Solicitor, Wace Morgan
- 3.00pm Refreshment Break
- 3.15pm Questions
- 3.30pm **Carers Rights and Health & Social Care**, Hannah Thompson, Chair, Community Involvement in Care and Health
- 4.00pm **Close**

There is no need to book; you can just turn up on the day. For further information contact **Glenda Jordan on 01743 341995**

Another event about Carers Rights and new Equalities Act 2010 and the Human Rights Act 1998 is being planned for February 2011. Please let us know if you would like to receive information.



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Angryfish Training Art &
Empowerment
Presents

All The Things We Could Have Been

Imagination
has no barriers

Potent! Personal! Political! Poetic!



This is a no holds barred expose of the journey into adult life for Disabled People. Using poetry, song and spoken word this play will make you laugh, it may make you cry, and it will certainly make you question who makes the decisions in life. This one-man-show is written and performed by Robin Surgeoner AKA Angryfish.

Friday 3rd December - at 6:30pm
Tickets £3.50, & £2.50 unwaged plus
1+1carer

The Tin Angel
Medieval Spon Street
Coventry - CV1 3AX

Tickets available from The Tin Angel
02476 559958





The **BARBER**
Institute of Fine Arts

CHRISTMAS CRAFT FAIR AND WORKSHOP

4TH DECEMBER 2010 AT 1 PM TO 3 PM

**BARBER INSTITUTE OF FINE ARTS UNIVERSITY OF BIRMINGHAM,
EDGBASTON, BIRMINGHAM, B17 2TS**

FREE ENTRY FOR ALL FAMILIES, CHILDRENS AND ADULTS

WHAT IS THIS ABOUT?

**CHOOSE FROM A VARIETY OF UNIQUE HAND-CRAFTED GIFTS, CARDS AND WRAPPING PAPER
MADE BY PRACTISING ARTISTS AND DESIGNERS.**

**WHILE YOU ARE THERE. DESIGN AND MAKE YOUR OWN FREE CARDS AND DECORATIONS
FOR FAMILY AND FRIENDS**

INTERPRETER PROVIDED AND ANY OTHER COMMUNICATION SUPPORT YOU NEED?
PLEASE CONTACT OLIVIER JAMIN OR MYOLA EDWARDS

If you interested, please confirm your attendance to Olivier Jamin, Community Development Officer

MINICOM: (0121) 678 88 50
VOICE TO TEXTPHONE: 18002 (0121) 678 88 50
EMAIL: olivier.jamin@deafplus.org
EMAIL: myola.edwards@deafplus.org
FAX: (0121) 643 45 41
SMS: 07920060165

deafPLUS is the working name of Breakthrough
Deaf-Hearing Integration, a company limited by
Guarantee. Registered Company number: 3680467.
Registered Charity number: 1073468

3rd December 2010 – International Day of Persons with Disabilities



The Day aims to promote a better understanding of disability issues with a focus on the rights of persons with disabilities and gains to be derived from the integration of persons with disabilities in every aspect of the political, social, economic and cultural life of their communities. The goal of full and effective participation of persons with disabilities in society and development was established by the World Programme of Action concerning Disabled Persons, adopted by the United Nations General Assembly in 1982. More information at <http://www.un.org/disabilities/default.asp?id=1540>



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The Lingen Davies' Reindeer Trot For Cancer

Sunday 5th December 2010

6 Mile Run/Walk starts 10.30am



**from
Royal
Shrewsbury
Hospital**

Entry £10

**Please support your local Cancer Charity
Call 01743 492396
for your registration form**

**In aid of the
Lingen Davies Cancer Centre Appeal**

Registered Charity No. 509649

5th December 2010 – Ludlow Information Day for families who have a child with a disability or additional needs

Ludlow Leisure Centre, Bromfield Road, Ludlow, SY8 1DR, 1.30 – 3.30 pm

Refreshments and children's activities available at all events. Come along and meet service providers, gather information and advice on local groups and try out specialist equipment.

For further details, please contact Sarah Thomas 0845 6012205 email enquiries@paccshropshire.org.uk



5th December 2010 – Hope House Santa Fund Run, Ludlow



This year the Hope House Santa Fun Run is arriving in **Ludlow** for the first time on Sunday, December 5. We'll be asking people to walk or run a one mile route of the town centre starting at Events Square (opposite the Castle) at 12 noon.

To join in the fun costs £12.50 per adult and a minimum of £20 sponsorship, which includes a free Santa or Snowman costume. (Snowman costumes are limited so please apply early if you particularly want one. First come, first served!) Up to 3 children in their own fancy dress can accompany each registered adult free of charge.

Further details from <http://www.hopehouse.org.uk/en/fundraising/santa-fun-runs/index.php>

9th December 2010 – Telford & District MS Branch, Monthly Social



Our **Monthly Social** is open to any person affected by multiple sclerosis (MS) i.e. carers, family or persons with MS.

A 'drop in' social with a gentle exercise session, light refreshments, and a hands on activity for you to try.

Salvation Army Hall, Oakengates 12.30pm-3.30pm

This month...**Christmas Crafts with Jean from Telford Mind**

More details at http://www.mssociety.org.uk/branches/west_midlands/telford/diary.html

No meeting in January.

10th December 2011 - Shrewsbury & District MS Branch



Branch Christmas Lunch – Save the date. More details in the Branch Newsletter

http://www.mssociety.org.uk/branches/west_midlands/shrewsbury/newsletters.html



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Sat, 11 Dec 2010

RAZZLE DAZZLE

...back by popular demand, at the Deaf Cultural Centre

See for yourself the dazzling performances from the very best talented deaf artists and musicians!

They've wowed audiences everywhere, and now they are right here at the Deaf Cultural Centre featuring:

Richard Carter, BSL Poet
InteGreat Theatre, drama and singing troupe
Riccardo, dance and signsong performer
Rebecca Anne Withey, an amazing signsong performer
and more.....

*Matinee performance - perfect family outing,
2.30 pm for 3 pm, tickets £6*



Doors open: 7pm Performances start at 7:30pm

*Matinee performance also taking place at 3pm. Contact us for details

Ticket Prices: £12

Deaf Cultural Centre, Ladywood Road, Birmingham B16 8SZ

Contact Lisa Davies for further information or to obtain your ticket:

voice: 0121 246 6100 textphone: 0121 246 6101 fax: 0121 246 6125

email: lisa.davies@bid.org.uk www.bid.org.uk www.deafculturalcentre.com

11th December 2010 – Empathy Fortnightly Meeting

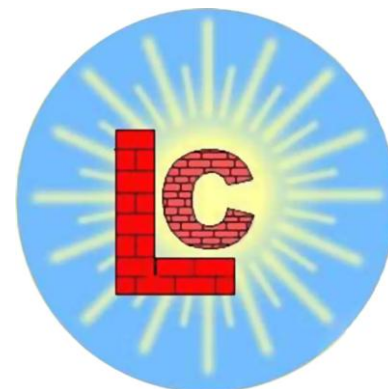
Friendship Group for special children and their families, at Craven Arms Community Centre, 2 - 4 pm. Cost £5/family (£3/family for PACC members) – contact Sam on 077905 84987



11th December 2010 – Lingen Davies Super Christmas Party

At the Oswestrian, Oswestry (on Red Square), in aid of Lingen Davies Cancer Centre Appeal. 7.30 pm till 12.30 am, DJ and Finger buffet, tickets £5 from The Oswestrian or Sue McKeivitt 01743 492396

More details at <http://www.lingendavies.org.uk/main.htm>



12th December 2010, Lingen Davies, Shrewsbury Consort of Recorders

At the Royal Shrewsbury Hospital, more details at <http://www.lingendavies.org.uk/main.htm>

12th December 2010 – Hope House Santa Fund Run, Oswestry

On Sunday, December 12 we return for the fifth year to **Oswestry** with a one mile route of the town centre starting at 11am on Festival Square.



To join in the fun costs £12.50 per adult and a minimum of £20 sponsorship, which includes a free Santa or Snowman costume. (Snowman costumes are limited so please apply early if you particularly want one. First come, first served!) Up to 3 children in their own fancy dress can accompany each registered adult free of charge.

Further details from <http://www.hopehouse.org.uk/en/fundraising/santa-fun-runs/index.php>

15th December 2010 – Taking Part, Reflex

Event for over 18s with learning difficulties. 7-9 pm (after 9 it's open to the general public, people can stay if they are independent or with carers).

Victoria Quay, Victoria Avenue, Shrewsbury

More information at

http://www.takingpart.co.uk/december_2010.html





Let us entertain you!

A celebration of Grassroots Music & Drama

With performances from:

The Reid Warblers

The More Singers

**Wem Amateur
Dramatic &
Operatic Society**

Salopian Brass

Wednesday 15th December, 7.30pm

**The Maidment Building,
Shrewsbury School**

Tickets £5

Available from The Community Council of
Shropshire

On 01743 360641

Or enquiries@shropshire-rcc.org.uk

Seasonal Refreshments

Raffle Draw

Proceeds from the event will be donated to
the Grassroots Endowment Fund



The Community Council of Shropshire
4 The Creative Quarter
Shrewsbury Business Park
Shrewsbury SY2 6LG

The Community Council of Shropshire is a company limited by guarantee
Registered in England No. 4652427. Registered Charity No. 1088775

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www.hunterbrown.co.uk

19th December 2010 – Club MS Christmas Meal

Club MS is Telford & District MS Branch's young peoples' club. Call the club on 0797 261 4307 for more details.



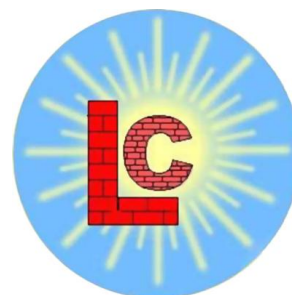
21st January 2011 – Telford & District MS Branch Meal Group meeting

At the Taj Mahal in Wellington, 12.30 pm. Everyone welcome. Please contact Chris Kruk on 01952 222948 for further details.



26th January 2011 – Lingen Davies, Circus Starr

At Madeley Court Leisure Centre. More details at <http://www.lingendavies.org.uk/main.htm>



1st – 28th February 2011 – National Heart Month!

National Heart Month is our annual campaign to increase awareness of heart and circulatory disease and to raise funds for our research, prevention and care services.

This year, we launched the **BEAT**, the first ever national heart health code and lifestyle check...

Be Active
Eat Healthily
Avoid Smoking
Take the lifestyle check

The **BEAT** encourages people to take steps to improve their own heart health by taking the free online lifestyle check.

During **National Heart Month**, we also ask people to be a part of **Red for Heart** and help raise vital funds for our work. You can join **National Wear Red Day** on **Friday 25 February 2011** or choose your own event - anything goes as long as it's red!

More details at <http://www.bhf.org.uk/news-and-campaigning/our-campaigns/national-heart-month.aspx>



17th February 2011- Shropshire Annual Information Day

For families who have a child with a disability or additional needs.

Shrewsbury Sports Village, Sundorne, Shrewsbury, SY1 4RQ, 10 am – 2 pm

Information available on Benefits, Youth Services, Sports clubs, support groups etc. Specialist equipment on display including trikes, car seats etc. Display of cars available on the Motability Scheme. Refreshments and children's activities available at all events.

For further details, please contact Sarah Thomas 0845 6012205 email enquiries@paccshropshire.org.uk



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The Shrewsbury and Telford Hospital



NHS Trust



Public Health Related Lecture And meet the Trust Board

Lecture 2: "Obesity, Sleep and Lung Function — The Epidemic"

The Shrewsbury and Telford Hospital NHS Trust are hosting a number of public health lectures which are free to attend and open to all members of the public and Trust staff.

Each lecture will last for around an hour, with the opportunity for you to ask questions at the end.

The lectures are delivered by experts in the subjects and light refreshments will be available at the end of the Lectures, where you will also have the opportunity to meet and talk to members of the Trust Board.

Spaces at these events are limited so please contact the Foundation Trust Office to book your place on 01743 261473.

**Lecture 2
Delivered by
Dr H Moudgil**

on
Wednesday 12th January - 6pm
at

**Hamar Help and Support
Centre,
Royal Shrewsbury Hospital**

**Foundation Trust Office
on 01743 261473**

We look forward to seeing you on the day.



4th – 6th March 2011 – ndcs Free weekend for families with a deaf child who also has additional complex physical or learning disabilities.

This will be held in Manchester and includes accommodation in a hotel specially chosen to cater for the needs of you and your children. The hotel and meals are included and we will cater for all dietary requirements including providing Halal and vegetarian

meals. We may be able to help with travel costs if necessary – please talk to us. Prayer facilities will be provided. There will be interpreters for all languages needed, including BSL.

For further details please contact:

The National Deaf Children's Society, tel 0121 234 9820 (voice and Minicom), email events@ndcs.org.uk. Website: www.ndcs.org.uk

27th March 2011 – Telford & District MS Branch 40th Anniversary Celebrations

At Patshull Park Hotel (near J3 M54) – further details from http://www.mssociety.org.uk/branches/west_midlands/telford/diary.html



5th June 2011 – NEW DATE for Shropshire Disability Awareness Day

Shrewsbury Sports Village
A Fun Day for all the Family



**Shropshire
Disability
Network**

Events - Conferences, etc.

6th December 2010 – Understanding Contracts: The Legal Implications



Course run by BVSC at The Centre for Voluntary Action, 138 Digbeth, Birmingham, B6 5DR

9.30 am – 4.30 pm

A training day to help you understand the common clauses and the potential pitfalls in public service delivery contracts

More details at <http://www.bvsc.org/training/understanding-contracts-legal-implications>, 0114 278 6636, email navca@navca.org.uk



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8th December 2010 – Training course for professionals working with children and young people in Shropshire

Positive approaches to autism spectrum conditions – 1 – 4 pm

autism • west midlands



- What is autism (including Asperger syndrome) and how it affects the child/young person
- How to address the challenges faced by children and young people on the autism spectrum and provide effective support.



Woodlands Outreach

The training is free but there is a £5 booking fee to secure a place and cover refreshment costs.

Venue: The Woodlands Outreach Centre, Tilley Green, Wem, SY4 5 PJ

To book a place contact Hilary McGlynn, Autism Development Co-ordinator, Woodlands Outreach Service, 01939 321 181, email mcglynn.h@shropshirelg.net

24th January 2011 – Birmingham MND Care Centre Study Day

This study day is aimed at medical, health & social care professionals who are supporting patients living with **MND**. Topics to be covered



- An Overview of MND
- Current Research
- Advanced Symptom Management
- Breathing – Assessment & Treatment
- Are you triggering the right questions at the right time?
- Personal Experiences and Case Studies
- The complex patient
- The Role of Palliative Care
- End of Life Care
- Advance Care planning
- How the MND Association can support you
- Ask the Experts - An opportunity to put your questions directly to the Care Centre Team

Closing date for registrations 14 January 2011

Venue: Queen Elizabeth Post Graduate Centre, Edgbaston, Birmingham, B15 2TH,

Cost: £50

Contact: Conference and Events Team, **Telephone:** 01604 611837, **Email:** conference@mndassociation.org



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25th January 2011 – Westminster Health Forum, Evaluating the Chronic Obstructive Pulmonary Disease (COPD) Strategy and examining best practice.

Westminster Health Forum

Guest of Honour: Professor Sue Hill, Chief Scientific Officer and Joint National clinical Director for Respiratory Programmes, Department of Health.

Further details at <http://www.westminsterforumprojects.co.uk/forums/event.php?eid=172>

Disability Alliance Training - Benefits and support for disabled students in higher education



One of the main concerns for people who claim incapacity or disability benefits is how their benefits will be affected by study.

This course is suited to anyone providing advice or support to students in higher education eg disability workers, Student Services staff and advice agencies.

It provides practical ways to help students protect their benefit rights and maximise their entitlement.

The course includes:

- The benefit implications of moving into higher education
- Employment and support allowance and how it is affected by study
- Claiming disability living allowance
- How loans and grants affect income support and housing benefit
- Who can get housing benefit
- Students and tax credits

Thursday 27 January 2011 – **Wrexham,**

Cost: Standard rate £140 per place, Member rate £110 per place, Lunch is included.

To book a place, fill out our online booking form at <http://www.disabilityalliance.org/datraining.htm>

31st January 2011 – West Midlands Patient Information Forum Partnership Event



A free PiF (Patient Information Forum) event on the theme of partnership at St. Chad's Court, Birmingham on 31st January 2011. This is an event for approx 50 people from across the sectors. We are very pleased to have Linda Butler speaking as Society of Chief Librarians Health Lead for public libraries in the West Midlands to launch the Health & Wellbeing Offer as well as a full programme of local partnership initiatives and networking opportunities which I hope will give attendees practical ideas to take back to their area.

Places are limited so invitations are being sent out in the first instance to ensure we get a good spread of attendees geographically and from across sectors and staff groups. It will then be open to anyone to book. Any queries please contact sarah.greening@westmidlands.nhs.uk



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2nd February 2011 – The future of regulation in healthcare – the changing roles of the Care Quality Commission and Monitor

Westminster Health Forum

Guests of Honour: Dr David Bennett, Interim Chief Executive, Monitor, and Cynthia Bower, Chief Executive, Care Quality Commission.

Further details at <http://www.westminsterforumprojects.co.uk/forums/event.php?eid=210>

8th February 2011 – Obesity: time for a new approach?

Westminster Health Forum

Guest of Honour: Dr Adrienne Cullum, Analyst, Public Health Programmes (Centre for Public Health), National Institute for Health and Clinical Excellence (NICE)

Further details at <http://www.westminsterforumprojects.co.uk/forums/event.php?eid=178>

15th February, 2011 – Social welfare Training, one day course 'Introduction to Welfare Benefits'



A course for non benefits specialists, those needing a refresher and inexperienced advisers. £95, includes lunch and comprehensive course guide.

10 am – 4 pm at The Bond Company, 180-182 Fazeley St, Digbeth, Birmingham, B5 5SE.

For more information go to

<http://www.socialwelfaretraining.co.uk/introduction%20to%20welfare%20benefits.html>,

tel 0117 9514 337, email info@socialwelfaretraining.co.uk

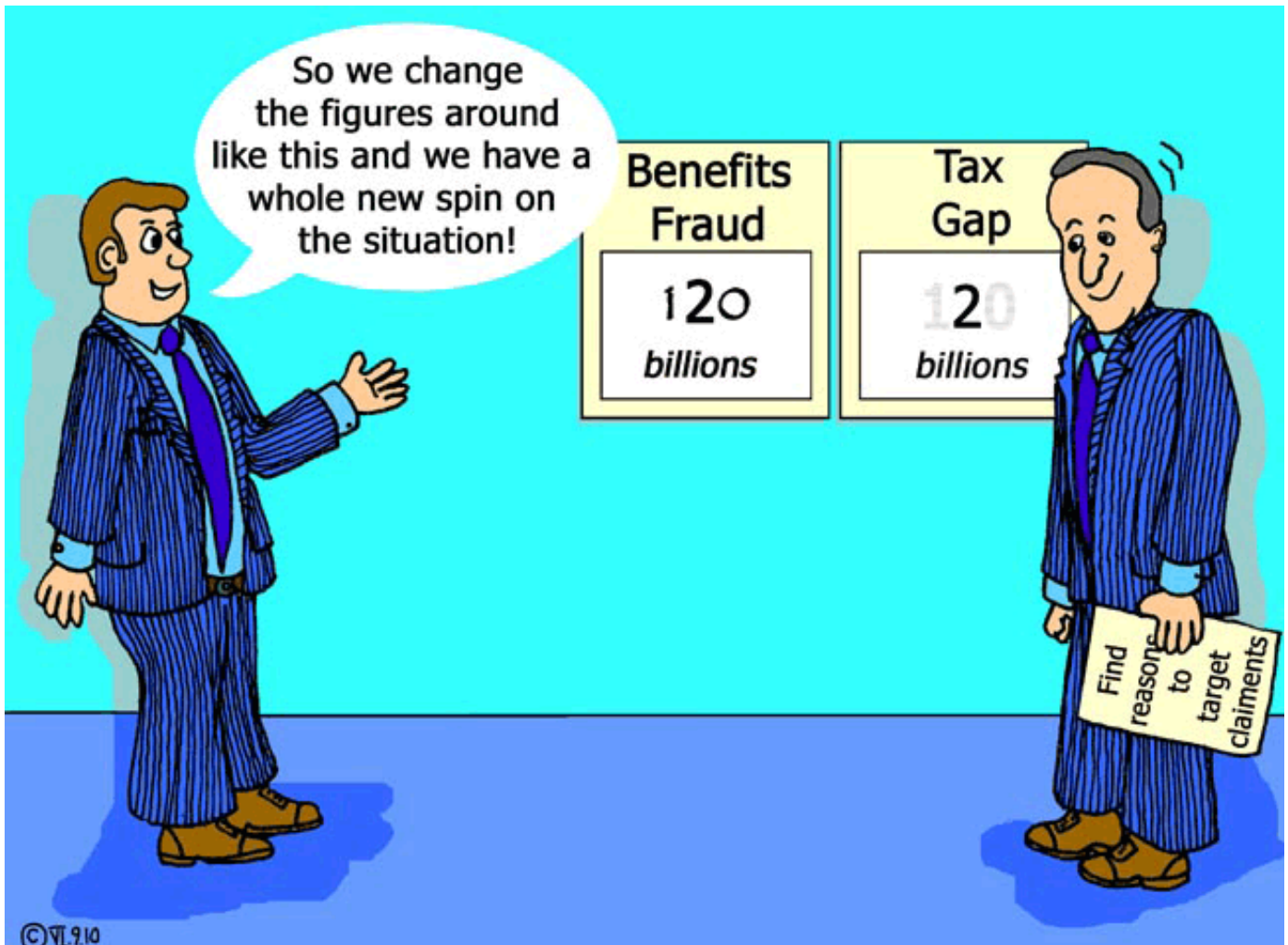
5th June 2011 – NEW DATE for Shropshire Disability Awareness Day Shrewsbury Sports Village A Fun Day for all the Family



**Shropshire
Disability
Network**

Disclaimer

SDN aims to provide a forum for people to air their concerns about matters affecting people with a disability as well as providing a central source of information for them, their families and carers. The views expressed in this newsletter are not necessarily those held by SDN. If you have a problem with any of the content of this newsletter, please contact the Editor, Sally Barrett, on newsletter@shropshire-disability.net.



We are indebted to Dave Lupton for the use of his Crippen cartoons.

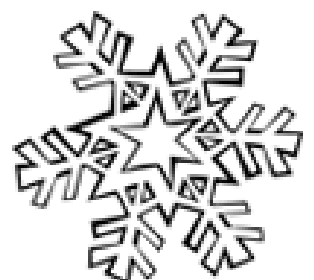
Articles Needed!

Send your news, views and events to me at newsletter@shropshire-disability.net

Please also **let me have your feedback**. Do you find this Newsletter useful, and if so, how? Would you like to see other things included? What don't you like about it?

There will not be a January edition of this newsletter. The next Your Voice will be published on 1st February 2011.

SDN hope you enjoy the festive break and wish you a Happy 2011. Keep warm!



LATE NEWS

This was just received as we went to press:

NHS Choice and Control Consultation – respond now!



‘No decision about me, without me’

This is a phrase that the Department of Health has been using a lot in the last few months. There is a stated commitment to putting people at the heart of the NHS. But how are they planning to make this a reality?

The intention is that people should be involved as much as they want to be in every decision about their care; what care they want and how and where they want it delivered.

The White Paper, ‘Equity and excellence: Liberating the NHS’ set out a number of commitments about giving people more information and control and greater choice about their care.

Following from their consultation earlier in the year on their proposed changes, the Department of Health are seeking views on two aspects of the proposed changes;

1. Liberating the NHS: Greater choice and control

http://www.dh.gov.uk/en/Consultations/Liveconsultations/DH_119651

2. Liberating the NHS: An Information Revolution

http://www.dh.gov.uk/en/Consultations/Liveconsultations/DH_120080

The closing date for sending in your views is **Friday 14 January**. These papers set out the Department of Health’s proposals for what they think is needed and asks how people think they should approach this huge task so they can start making shared decision-making a reality. The Department of Health are seeking the views of the general population, NHS and care professionals, patients, service users, their families and carers.

Please respond to the consultation. Visit the RDN website for more information <http://www.rdn-wm.org.uk/Consultations/NHS-Consultation---choice-and-control.aspx>