



THE BULLETIN



Late Summer
Issue 2006

Community
Legal Service



Welcome

“Bulletin” Review:

Thanks to everyone who has taken the opportunity of responding in our “**Bulletin**” review. More than 25% of those we wrote to replied which is a good reply figure for a postal questionnaire.

From the replies we now have a list of previous articles which people would like repeating – updated of course. We also have a list of things that people would like articles about, including; local social clubs, holiday destinations, other social and recreational facilities, chair friendly cinemas, disability parking and access issues, more for younger people with disabilities, coping with poor transport, the list goes on and on.

Several readers have volunteered to help in an editorial role, perhaps **you** could also help in the production of articles. If you know about, or would be able to research, any of the above topics and to write up an article, please contact us on the free phone helpline. If you have not done anything like this before it could be an opportunity to develop skills and to gain experience in something new.

Some other interesting facts from the review:


- 95+ % of recipients read the whole “Bulletin”.
- Most recipients file copies away for reference later.
- Most “Bulletins” are read by more than the named recipient.
- One recipient makes his edition available to more than 50 other people at a club he attends.

Each edition has the facility for feedback and we welcome this – positive and negative. So don't forget, if you have ideas let us have them and if possible and relevant it will inform later editions. If you have time you can

- help us with production.



Thanks



Dial is looking for volunteers in
Bromsgrove, Redditch & Wyre Forest.

You can help us to help you

- Training
- Reimbursement of travel costs
- Team work
- Gain experience

Special points of interest:

- **PACT** “Partners And Communities Together”
- Carer's Allowance
- Bulletin Review
- Bridge the gap!
- Expert Patients Programme
- Useful Contacts

Supported by



PACT “Partners And Communities Together”

PACT for people with physical disabilities

Police and partners have arranged a PACT meeting for people with physical disabilities.

PC Jim Harris, Diversity Officer for the Wyre Forest District, explains, “The Partners And Communities Together process is really starting to take shape across the Wyre Forest area, allowing local people to raise any concerns they have with the police and Community Safety Partnership agencies. In open forums we can all be involved in influencing our community leaders to deliver public services that we the general public require in a manner that meets our needs. It’s a two way process and sometimes the panel are unable to deliver, but they have an opportunity to return to the public, to say why and discuss compromises that fulfil needs.

“However we quickly realised that some groups within the community were not attending the general PACT meetings being held in their local wards and so have looked at why this might be and ways in which we can address this.

“As a starting point, we recognised that the majority of these meetings are held in the evenings and that anyone with physical disabilities who might need an enabler or specialist transport would struggle to attend as many of these services finish early afternoon.”

“We also realised that certain issues raised at these general meetings affected only a minority of people (such as drop kerbs not being opposite each other) and so these were rarely voted as priorities for a PACT panel to address.”

“With these factors in mind, we have arranged a separate PACT meeting for people with physical disabilities, their carers and families at a time that they can more easily attend.”

The first of these PACT meetings for physical disabilities in Wyre Forest will be held at 1.30pm on Tuesday 22nd August at the Connect (Wyre Forest) Centre at 10 - 12 Blackwell Street in Kidderminster.

PC Harris continues, “We hope that representatives from this group will make a note of this meeting and do their best to come along. It’s vital that everyone has the same chance to air their concerns and we will look forward to welcoming people at this first meeting.” Police hope to hold these meetings on a quarterly basis and will also be looking to engage with other groups, with PACT meetings to suit everyone's needs.

Unfortunately Bromsgrove are unable to offer these services at present, but if you have an issue you can contact Jim Harris - Hate crime and Diversity Officer based at Kidderminster who will be able to assist (**01562 826078**) or email: james.harris@westmercia.pnn.police.uk. We have told him he can expect a number of calls regarding disabled parking in Bromsgrove.

Redditch does not have separate PACT meetings, you can attend your local meeting, if these are difficult there are a couple of ways that you can have your issues heard. You can drop a written statement into Shop Mobility located in the Kingfisher Shopping Centre or contact the “Disabled Access Group” on the number below who will take forward your issues and present it to the PACT meeting on your behalf.

Also a PACT meeting for people with Learning Disabilities, their Carers and Professionals in Wyre Forest has been arranged on the 13th September 2006 for 10.30am at BILD, Champion House, Green Street, Kidderminster.

Redditch Disabled Access Group meets at Redditch Town Hall on the second Monday of every month you can attend the meetings to support or raise any issues, contact **Jon Allcock** (Chair of Disabled Access) for more details on **01527 455607** or email: jonallcock@blueyonder.co.uk

Bridge the Gap!

Mrs Tanweer Dean works part-time as an Outreach Development Worker for the Sandycroft Centre based in Redditch. Tanweer enjoyed her independence; she worked to support the Ethnic Elders community initiatives and had a good social life with family and friends. However, in February 2005 her husband suffered a stroke which left him paralysed on the right side of his body. Suddenly Tanweer was a carer and had to look after her husband at home whilst her son had to grasp the whole management of his father's business.

Tanweer like any other carer adapted her life in order to juggle work and her primary role as being a carer, she said "my manager, work colleagues and community members were very understanding about the changes in my life and I started working flexible hours which helped me a lot". As the months passed Tanweer and her son tried to carry on with their normal day to day routine, however their health began to deteriorate physically, mentally and emotionally. Tanweer was advised by her local GP to take time off work due to stress.

It was at this point Tanweer contacted Superna Makwana at the Carer's Unit, to talk about her positive and negative feelings about becoming a carer. She said "I felt a huge release just chatting to someone who could understand the effects of caring, culturally and to my personal lifestyle".

Tanweer had a carer's assessment which identified that she needed help to care for her husband; this has now been organised via a direct payment. She also realised that she needed to get a regular break for herself and has received a carer's direct payment to help with this; she uses it to have relaxing massage sessions. First aid training was also identified as something she felt it would be useful to do, and she attended the course organised by Toni Brown from the Carers Unit. Tanweer says that she now feels supported and far better equipped to cope with all her responsibilities. **The Sandycroft Centre's telephone number is 01527 595135.**

article from Carers Corner July 2006

The National Health Service
Redditch and Bromsgrove
Primary Care Trust
Expert Patients Programme

LOOKING AFTER ME

Do you live with or care for someone with a long-term condition?

Looking After Me is a new self-management course for people who are caring for a relative or friend at home. The course is designed to help YOU take control and make a difference to YOUR life.

It's about learning important skills to manage:

Tiredness; Stress and Guilt; Anger; Fear and Frustration; Problem solving and how to cope and relax; Eating healthily; working with Health and Social Care Professionals; Planning for the future.

The first course will take place at:
The Foxlydiate Hotel just off the Bromsgrove Highway
The course is **free** and will run on Monday mornings, from **10.30am – 1.00pm**
commencing with an introductory week on
4 September followed by six weekly sessions.

FOR MORE INFORMATION AND TO BOOK A PLACE

Please contact:

Annette Jaep on 01527 507055 or
Vickie Ramsay on 01527 507061

Useful Contacts

Disability Living Allowance / Attendance Allowance Helpline	08457 123456
Benefit Enquiry Line (BEL)	0800 88 22 00
Worcestershire Carer's Unit	0800 3892896
Pension Credit	0800 99 1234
Social Services	0845 6072000
Out of hours emergency number	01905 768020
Community Legal Service Direct	0845 3454345
Disability Rights Commission (DRC)	08457 622633
British Institute of Learning Disabilities (BILD)	01562 723029
National Organisation of Disabled Lesbian & Gay Men (REGARD)	020 76884111
Disability Action Wyre Forest	07985210041
Redditch Disability Access Group	01527 455607
Royal National Institute for the Blind (RNIB):	020 73881266
Royal National Institute for the Deaf People (RNID):	0870 6050123

Carer's Allowance

An improvement to the rules for claiming Carer's Allowance was introduced in April 2006.

Claims can now be made, without loss of benefit, up to 3 months after the disabled person is awarded Attendance Allowance, middle or high rate of Disability Living Allowance care component or a qualifying rate of Constant Attendance Allowance.

Entitlement will start from the same date as the disabled persons entitlement, providing that the qualifying conditions have been met throughout the period.

It is also important to report to the Carer's Allowance Unit (**01253 856123**) any changes in circumstances for yourself, the person you are caring for or a dependent adult.

This can affect whether you can receive Carer's Allowance or the amount you get.

In the last Bulletin we said that Redditch didn't have a Carers Unit. This was an error and a local charity does provide a service, details below.

Web: www.carerscareline.co.uk

Email: info@carerscareline.co.uk

CARERS CARELINE

Room 1 Ecumenical Centre,
Evesham Walk, Redditch, B97 6TW.

Telephone: 01527 - 66177

Fax: 01527 - 66019

NORTH WORCESTERSHIRE D.I.A.L.

NW DIAL can help with your queries about all manner of issues related to impairment / disability, access, holidays, support organisations both local and national, discrimination, transport etc. We can also help with form filling.

Helpline: 0800 970 7202

Fax & Minicom : 01562 68248

Office: 01562 60241

Email: admin@nwdial.org.uk

Website: www.nwdial.org.uk

North Worcestershire



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Social Education Centre
Habberley Road, Kidderminster, DY11 6AB

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