

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

June 2021

News, views and
information from
Disability Peterborough

Newsletter



- Help to combat social isolation
- Specialist disability advice
- Giving Disabled people a voice

We are enormously grateful to the National Lottery for recognising what we can offer to physically disabled people in the community, and also to all who have supported the bid, especially our local Lottery Officer whose help has been invaluable.

All of our services are fully operational albeit in a COVID safe manner and we are looking at reopening our offices when the government advice it is safe to do so.

If you have any concerns regarding any aspect of physical disability, then please don't hesitate to get in touch. Our friendly staff and volunteers are here to support you. We are particularly keen to offer support to anyone who is experiencing long covid although they may not consider themselves as disabled.

Advice line number 01733 265551
www.disabilitypeterborough.org
info@disabilitypeterborough.org

Sandie Burns, CEO

We hope this newsletter finds you all safe and well and you are looking forward to the easing of the lockdown rules.

I am delighted to announce that the National Lottery have agreed to fund our work for the next two years. This award is very good news both for Disability Peterborough and the hundreds of local physically disabled people we will be able to support. It affirms our plans to continue with our holistic case work and assist with the many and varied requests we get for help, including;

- Improved access to social and support networks
- Income maximisation
- Welfare benefit applications and appeals
- Handyperson Service



Shopmobility Peterborough is now open again

We loan motorised scooters and manual/electric wheelchairs to help you get around Peterborough if you have mobility problems, we can also arrange long term private hire. Shopmobility Peterborough (a service hosted by Disability Peterborough) is located on floor 11 Queensgate Centre, you do not have to be registered as disabled to use the service.

Our current opening times are Monday to Thursday 10am to 3pm, however due to Government guidelines regarding COVID-19 these are subject to change.

To use the service at this time advanced booking for all equipment is required and time slots will be allocated, so please give Chrissie and the team a call on **01733 313133**

Your chance to share views on NHS services

'The regulator for NHS and care services in England – The Care Quality Commission (CQC) – acknowledge that they have not focussed on the needs of people living with a disability and the families that support them.

To this end they have asked that people share their experiences of using the NHS and care services – think in terms of:

- getting an appointment with your GP
- does your hospital allow you extra time to explain your needs
- have you struggled with repeat prescriptions
- can you park easily at your hospital

The CQC have set up a simple to use webpage where you can type in your experiences – both positive and negative – for the CQC to use when planning future NHS and care provision. You can even be anonymous if you so wish.

To access the **'Tell Us About Your Care'** website, please [click here](#).

This will be particularly helpful towards NHS planning as we come out of lockdown as it will help the CQC get the NHS prepared for disabled people's needs should the pandemic return. All opinions are welcome on the ['Tell Us About Your Care' webpage](#).'



National Recognition for Walks on Wednesday



Article written by Susan Evans – Nene Park Trust.

At the start of the year the Trust was invited, through Disability Peterborough, to talk to Disability Rights UK, about our partnership working and in particular the Walks on Wednesday project.

This was written up for the National Outdoors for All Working Group (NOfAWG) who undertook an “evidence review” of what is known about under-represented groups and access to urban greenspaces. The report has recently been released and you can download a copy from [Groundwork’s website](#). Here the different case studies that fed into the report will be shared in rotation.

In addition Disability Rights UK have written a piece on the report for their [Get Yourself Active website](#) and plan to upload one or two case studies each week, so everyone’s story will be on their website. It will also be used by Natural England to demonstrate to their staff a good example of inclusive partnership working. Our case study contains some positive quotes from

Walks on Wednesday participants, as well as Disability Peterborough, and demonstrates how the Park can positively impact people’s lives – so it’s something we are really proud of!

Walks on Wednesday has restarted with the aim to support disabled people to enable them to enjoy fresh air and the natural beauty of being outdoors, but as gentle exercise is good for everyone, Disability Peterborough welcome both disabled and carers to join.

The group meets at the main entrance of Ferry Meadows Café at 10am every Wednesday. There is an annual subscription of £10 which allows you free parking for the walk. A free taster session is available before subscribing, to find out if it is suitable for you.

If you would like more details or are interested in joining please call Disability Peterborough on **01733 265551 or 07944003368**.

Being recognised as a carer – The carer's card is here



The What If? card is more than just an emergency card, we urge all carers to register what they do in their role as a carer. You may feel that you only do 'a little' for someone else, but what would they do if you weren't there to do it? If you help someone else in any way, please read on.

It has always been valuable for people looking after a family member, friend or neighbour to be identified as a carer. The government restrictions in place due to coronavirus recognise the need for carers to be able to carry out tasks, such as shopping and collecting medication, for the people they look after, so being able to show you are a carer has become even more relevant. The Caring Together carer's card is a good way for you to be identified as a carer, whether this is when you are at the shops, GP surgery, pharmacist or other places.

They also recommend you make sure that the GP of the person you look after is aware that you are their carer. Early in the coronavirus pandemic Caring Together provided people with letters to show they are a carer, but the carer's card is now available.

For carers who have a "What If? Plan" with Caring Together – a plan which can be activated if something happens which means they cannot

carry out their normal caring duties - the card is now dual purpose. They have been sending people with What If? Plans a new carer's card which serves both purposes.

Registering for a What If? Plan

If the person you look after lives in Cambridgeshire or Peterborough, you can also register a 'What If? Plan' with Caring Together. A dedicated phone line is then available for you to call 24-hours a day if you need to activate your plan. This includes them getting in touch with a named contact, such as another family member or friend, to make them aware of the situation and to put the agreed plans into action.

If you are a carer who is caring for an adult, they can also provide urgent support to the person you care for, in the event of you being unable to care for them. This free service is funded by Cambridgeshire County Council and Peterborough City Council. But you do not need to have a What If? Plan to have a carer's card.

If you don't yet have a carer's card or you want more information on the What if? Plan, you can find out more by calling **0345 241 0954**

by emailing Caring Together at hello@caringtogether.org



There are also other charities that can help to provide support with reference to your specific disability, recently we have worked with...

PARKINSON'S^{UK}
CHANGE ATTITUDES. FIND A CURE. JOIN US.



Peterborough Branch

Call: 0344 225 3614 | Email: llove@parkinsons.org.uk

Peterborough and District Group

Call: 01733 56771 | Email: peterborough@mssociety.org.uk

How to make a referral

Call: 07506 421207 | Email: hannah.rushton@stroke.org.uk
or peterborough.stroke@nhs.net

What do Healthwatch do?

We are the independent champion for people who use health and social care services. We are here to make sure that those running the services, put people at the heart of the care. Our sole purpose is to understand the needs, experiences and concerns of people who use health and social care services and to speak out on their behalf. We focus on ensuring that people's worries and concerns about current services are addressed.

We work to get services right for the future.

Healthwatch would love to hear from you about any recent experience you have had and will support you in addressing your worries, concerns, or if you just wish to pass on praise of good service within NHS health and Local Social care. They also have the information you will need to make a formal complaint.

Contact details



Tel: 0330 355 1285



Text: 07520 635176



Email:
enquiries@healthwatch
cambspboro.co.uk



Post: Healthwatch
Peterborough, Maple
Centre, 6 Oak Drive,
Huntingdon, PE29 7HN



TV licences

If you are over 75 and have not obtained either a free or paid for TV licence please read on, or if you are on State Pension, you could be entitled to Pension Credit if you are on a low income and have savings under £10,000. If you don't get pension credit then read below to see if you qualify...

Single (& only occupant in home)	Couple (& only occupants in home)
If you do not have DLA, PIP or AA, Call us if your income is...	
Less than £177.10	Less than £270.30
If you do have DLA, PIP or AA, Call us if your income is...	
Less than £244.40	Less than £ varies (please call)

*Income is your state pension and any private pensions, or other money paid to you regularly.

If you are a carer too and unsure if you meet the criteria, please call us and request a benefit check, you may not be able to claim Carers Allowance, but there are other carers benefits that may apply.

Wombling to Better Mental Health

Article from the charity Mind

Fay Belham, aged 53, has experienced periods of depression throughout her life and, in particular, severe postnatal depression after the birth of her twin boys in 2009. It was at this point that she became aware of support available at Mind, her local mental health charity, and she has been aided by their services.

Fay Belham, aged 53, has experienced periods of depression throughout her life and, in particular, severe postnatal depression after the birth of her twin boys in 2009. It was at this point that she became aware of support available at Mind, her local mental health charity, and she has been aided by their services.

Fay says, "The Sanctuary has given me the encouragement to keep going when I've needed it most. Rather than a clinical experience, it provides a person-centred approach meaning I can easily talk things through with

someone who understands and can help me."

Based in Peterborough, Fay has also taken steps to support the wellbeing of herself and others in her local community by getting out in nature through litter picking. Now an Ambassador for Keep Britain Tidy, she has regularly taken part in litter picking groups since she found a voluntary opportunity to get started in 2013. A founding member of the [Peterborough Litter Wombles](#), Fay is driving change by keeping her local area tidy and connecting others whilst doing so.

She says, "Litter picking gives me a sense of purpose and that I'm part of something bigger than myself. I really enjoy being out in the fresh air each week, connecting with a group of people and taking pride in my local area. It's fantastic receiving positive affirmations from neighbours who thank you for doing a really good job.



I've also had the opportunity to practice mindfulness activities, from the support I've received, whilst out and about in nature. It's really calming taking notice of my surroundings, feeling the fresh air, the sun on my face and hearing the sounds of the birds. I've even started recognising birds such as Robins and Blue Tits and enjoy watching Seagulls flying past. It's great feeling connected with nature and my community."

Fay's experiences demonstrate how important feeling connected with other people and our environment is for our wellbeing. You can find out more about how to stay well by becoming familiar with the [Five Ways to Wellbeing](#).

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

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

Top Foot Care Tips

Content supplied by the NHS website

These tips from the College of Podiatry will keep your feet in good condition and help prevent problems.

Wash your feet often

Keep your feet clean by washing them every day in warm soapy water, but don't soak them, as this might destroy your skin's natural oils.

Dry your feet well

Dry your feet thoroughly after washing them, especially between the toes, which is where fungal infections like athlete's foot can develop.

Moisturise and file

If your skin is dry, apply moisturising cream all over the foot, except for between the toes. Gently remove hard skin and calluses with a pumice stone or foot file. Don't overdo it or you could damage fresh skin underneath.

Cut toenails carefully

Trim your toenails regularly using proper nail clippers. Cut straight across, never at an angle or down the edges. This can cause ingrown toenails.

Shoe shop in the afternoon

Shop for shoes in the afternoon. Your feet swell as the day goes on and if shoes fit in the afternoon when your feet are at their largest, you can be assured they'll always be comfortable.

Footwear tips for work

Depending on the type of work you do, you may need to wear specialist footwear, such as shoes with hard reinforced toecaps or anti-slip soles.

If you wear high heels at work, wear comfortable shoes on the way to work and change into your heels when you get there.

The College of Podiatry has more information and advice about footwear for work.

Limit time wearing high heels

Only wear high heels and pointed shoes for special occasions.

If you wear heels, try to vary your heel height. Wearing a heel that's higher than a couple of inches (about 5cm) on a regular basis can damage your feet.

Wear the right shoes

Always wear the right shoes for the job – so not sandals for mountain climbing!

The College of Podiatry has more information and advice about shoes for sporting activities.

Change socks daily to avoid foot odour

As well as changing your socks regularly, wear socks made of cotton, wool or bamboo.

These allow your feet to breathe and help keep them at the right temperature.

Specialist socks are also available for different sporting activities.

Wear socks that fit

Make sure your socks fit properly, paying particular attention to the width for your foot and ankle.

If you have swollen feet, look for socks designed to



accommodate your swelling. Elastic-free socks are available to help prevent them cutting into your leg.

If you have difficulty feeling your feet properly (neuropathy), make sure there are no knobby seams inside your socks that may rub and damage your skin.

Turning your socks inside out can help prevent rubbing.

Protect your feet in communal areas

Wear flip-flops or pool shoes to avoid getting athlete's foot and verrucas when using public areas such as gym showers or swimming pools.

Take care with flip-flops

Avoid wearing flip-flops all the time. They don't support your feet and can give you arch and heel pain if you wear them too much.

A podiatrist can help with foot problems

A podiatrist can help if you have a problem such as unexplained foot pain.

It's very important to have your feet checked regularly by a GP, nurse or podiatrist if you have a health condition that affects your feet, such as diabetes, poor circulation or a low immune system.

National Insurance number phone scam

If you've received a pre-recorded message or phone call claiming your National Insurance number has been compromised, you can safely ignore it. It's a scam.

We've been made aware that an official sounding voice usually claiming to be from the National Crime Agency or 'National Office for Serious Crimes' has been cold calling unsuspecting members of the public, asking them to call back urgently.

Fraudsters will then try to

manipulate you into handing over personal information using a web of lies and threats.

In reality, there's very little damage anyone could do with just your National Insurance number, even if someone had access to it.

But your other personal details, such as your name, date of birth, address and bank details are much more valuable to criminals. They could use this information to target you with more

personalised scams, or try to gain access to your accounts.

No government organisation would ever pressure you to hand over sensitive information, and if you're uncomfortable or unsure, just hang up the call.

If you have concerns about your National Insurance number you can [visit Gov.uk which offers contact numbers and web chat support.](#)

Getting tested for COVID, even if you have no symptoms

Everyone over the age of 18 can now access twice-weekly rapid testing as part of the national efforts to reduce the spread of COVID-19.

This testing is supplied by NHS Test and Trace and is strictly for people who have no symptoms of COVID-19.

With 1 in 3 people with coronavirus showing no symptoms and potentially

spreading the virus without knowing, rapid testing helps to identify positive cases quickly, preventing the spread of infection.

Our Advisor, Samantha, ordered hers last week using the link below and chose the 'Tests to complete at home' option. However, on going into the Boots store in Bretton she was offered a set of 7 tests, on checking, these are

available in all Boots stores and other pharmacies so check your local one if this is easier for you. When ordering hers online, Samantha said they were delivered the next day, which was a really efficient service.

<https://www.peterborough.gov.uk/healthcare/public-health/coronavirus/coronavirus-covid-19-rapid-community-testing>

Crafternoon Tea

We will be working shortly to set up dates for reopening our popular Crafternoon Tea Group, we look forward to welcoming you back and hopefully seeing some new faces.

If you would like to know more about this group or have an interest in joining a group, please email sam@disabilitypeterborough.org



Thank you to all our donators

We would like to take this opportunity to thank all of those who make personal donations to our charity, these are very important to us, not just as a sign of gratitude and to help others, but our funders also like to see that the people benefitting from our service are also contributing towards our funds.

A special thank you goes out to Carol & Peter Ayres and the team at Vitas

Vending. At Christmas the team there donated in lieu of sending Christmas Cards, Mrs Ayres has been a routine fundraiser since we supported her husband in early 2019.

Their latest donation was for £205, thank you so much Carol for such a gallant effort in these difficult times, to date you have raised a magnificent £611.20 for our charity, we are so thankful.

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