

NHS to invest an extra £1billion to treat one million more mental health patients



The pledge comes after a shocking report found that only 15 per cent of people who need psychological therapy in England get access to care. It also estimated the cost of mental illness to the economy, NHS and

society at more than £100billion a year. The biggest shake-up of NHS mental health care in a generation will target thousands of women suffering from post-natal depression and teenagers with eating disorders. NHS England backed the proposals set out in the Mental Health Five Year Forward View, an independent task force led by mental health charity Mind. Simon Stevens, chief executive of NHS England, said the plans set out a 'practical, feasible and affordable blueprint' for improved care.

The plans will tackle the problem of children having to travel 'anywhere in the country' for in-patient treatment, which forces families to travel long distances, and in some areas and one in ten children appointments are cancelled because of staff shortages. One in ten under-18s are diagnosed with a mental health condition. And although 1 in 4 adults suffers from a mental health condition, three quarters never receive help.



Help shape the future of travel in the city. Virgin Trains would love to hear from you!

Rachael Wilson, Project Manager - Station Travel Plans at Virgin Trains East Coast is asking for your help and support. Already on board (no pun intended!) are the City College Access Champions. Tutor Natasha Dalton said "this is the next natural step for our Access Advisers-transport has always been an issue to many of our disabled students-this fits in perfectly with our ambition of making Peterborough the most accessible place to live."

Rachael told NewsLink "At Virgin Trains we are all ears when it comes to improving the experience of our customers.

We'd love to hear your views about how you travel to and from our stations in this short survey. It should only take 5 minutes to complete and there's a chance to win an awesome prize - Woohoo!"

<https://www.surveymonkey.co.uk/r/VTTTravelplan>

Clean up after your dog



Next time you're out walking Fido in the local park, take a little time and consider other park users. Several Disability Forum regulars have reported an increase in dog mess in our parks and the lack of responsibility taken by inconsiderate dog owners.

People in wheelchairs or mobility scooters and pedestrians with sight loss or impairment quite often don't or can't see the mess left and end up with wheelchair wheels and or canes covered in dog waste.

Dog mess is an eyesore and a health hazard. Just ask mobility scooter user "Mary". Mary often uses the Hallfields Lane Recreation Ground but more often than not, ends up with her wheels covered in dog waste.

If you are a dog owner, you have a legal duty to clean up every time your dog messes in a public place. Many local councils require dog owners to carry a poop scoop and disposable bag whenever they take their dogs out to a public place. Look out for bins marked as dog bins to dispose of your dog bag. If you cannot find a dog bin, then double wrap the dog bag and place it in a normal litter bin. If your street is littered with dog mess, you can ask your local council to clean it.

The Disability Forum contacted Council Cabinet Member Gavin Elsey to report the problem and within days, they were meeting with a representative from Amey-responsible for maintaining our parks. Amey have agreed to look at putting new and highly visible "Clean up after your dog" signs throughout the park and look at dog warden patrols in the early morning and late evening when the problems seem to occur most.

Disabled toilet misuse leads to action



St Peter's arcade went through a much needed make over back in 2013. Home to the Destination Centre and the Argo Lounge, the investment in the Arcade has paid dividends. But unfortunately, the increase in footfall through St Peter's Arcade has also led to vandalism, misuse and abuse of the disabled toilet, one of the only accessible toilets in the city centre.

Reports have been logged of drug abuse and rough sleeping on a regular basis.

Peterborough City Council and the Disability Forum are looking at ways of putting an end to the misuse and we are asking for your help!

Should St Peter's disabled toilet be locked after 6pm? Should there be a secondary locking system that can only be accessed with a key borrowed from the Town Hall? Your views please: dialsport@gmail.com

We must be doing something right!

Disability Forum Manager Bryan Tyler and Inspire Peterborough Chair Iain Crighton were invited to meet Minister for Heritage, Sport and Tourism, David Evennett MP recently.



Along with representatives from Peterborough Cathedrals Heritage 900 project and the Flag Fen/Must Farm programme, Stewart Jackson MP and hosted by Mayor of Peterborough, Cllr John Peach, guests had a chance to talk to the Minister about Peterborough and obviously

heritage, sport and tourism!

Iain and Bryan were asked to talk about Inspire Peterborough and the increasingly popular accessible sport and leisure activities programmes for disabled people, families and carers in Peterborough.

The Minister seemed genuinely interested and impressed with the things going on in Peterborough.

Sometimes we forget what's on our doorstep!

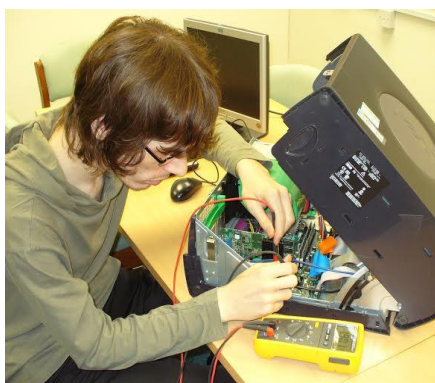
Well done Annette Joyce at Peterborough Council for making it happen.

Supported Employment businesses opportunities on the rise



Supported Employment helps to run a series of Enterprises, all of which are run by adults with a learning disability.

There is Royce Rolls Catering, providing buffets for events, Westcombe Wash car wash that provides a service for companies in the Peterborough area and a new one that provides a PAT testing service and sells or repairs second hand computers.



All of these enterprises are run on a not for profit basis, all monies go directly to the employers and to maintaining the business for the following week. They all provide training and a realistic working environment to give people valuable experience in the work place in order to help them with ultimately finding work in the wider community.

The new PAT testing business has a fully qualified PAT tester complete with all the necessary equipment to carry out PAT testing on all standard

Steve Ball on 746343 or email: steve.ball@peterborough.gov.uk

How many people can you get round two microphones? Ask Claire Larrington and her PRC students!



Pictured in the Radio Peterborough guest area is Peterborough Regional College tutor, Claire Larrington and some of the students who appeared on the Inspiring Peterborough Radio Show recently. Art, drama, music and dance are just some of the activities the students take part in.



Back in September the Inspiring Peterborough Radio Show had the good fortune to have Zoe Ann Goss join us from Supported Employment as a meeter and greeter. Zoe has done so well that she has agreed to act as mentor to some of Claire's students who in turn will assist Zoe at the studio.

Nikki Griffiths from Inspire Peterborough said, "This fits in so well with everything we do! It may not be sport but it's a fantastic opportunity for students to get involved in entertainment, local issues, leisure and volunteering. Zoe has been brilliant from day one and it's a wonderful chance for her to help mentor others"

Hydrotherapy in Peterborough-A new Chair for the Action Group

Former Mayor of Peterborough, Irene Walsh has agreed to be the Chair of the new "Hydrotherapy in Peterborough Action Group". Irene, who once held the portfolio for Public Health for Peterborough City Council, and was also co-founder of Inspire Peterborough, has had a long time interest in improving health and well-being in the city.

The Action Group has been established to work with the St Georges Hydrotherapy Pool steering group and help maintain and develop hydrotherapy in Peterborough.

Sporting Saturday proves a smash for rifle club

Whittlesea Rifle Club were among the 40 organisations that took part in the recent Sporting Saturday event at the Cresset. Barry Plumb, avid shooter and deputy chair of the Disability Forum said "the enquiries from people associated with the event have been phenomenal.



We have had interest from old and young, able bodied and people with disabilities. Just goes to prove why the event is the success it is!"

Well done Hydrotherapy Volunteer Sam!



One of Peterborough's homeless people has St Georges Hydrotherapy Volunteer Sam Ring to thank after he suffered a seizure.

'I was walking to work along Westgate recently when I saw a man having a seizure,' says Sam. 'He was half on the path and half in the road. There was a lot of blood, and yet nobody was helping him. Everyone was just side-stepping around him and continuing on.'

Sam didn't think twice to help the man. She moved him out of the road, placed him in the recovery position and phoned for an ambulance, waiting with the man until the emergency services arrived. 'I'm a trained first aider,' explains Sam. 'It's a skill that's useful in and out of work. I'd have helped anyone.' 'First aid is a life skill everyone should have. You never know when you could need it or who you might save.'

Access Champions hit the right notes at Water Newton Music Festival

When Kevin Palmer asked Bryan Tyler if he could appear on the Inspiring Peterborough Radio Show to promote the Water Newton Music Festival, little did he realise he would be talking himself into an access assessment of the festival site by Peterborough City Colleges Access Champions. Bryan asked if the site was accessible and Kevin freely admitted it hadn't been something the committee had considered.

Members of the Festival Committee recently met up with Natasha Dalton from City College and Bryan Tyler and the committee readily agreed to work with the Access Champions to make the increasingly popular event accessible for everyone. Kevin said "as soon as Tash told us what the Access Champions were all about and how they would work with us to suggest facility and access improvement on the site, how could we refuse? It's an opportunity for the students to improve their skills, the site is an open field which is a natural amphitheatre, and it's an opportunity for us to be the first music festival to benefit from the good work the guys are doing."

The Water Newton Music Festival takes place on Sunday 28th August. The 'Friends of St Remigius Water Newton' organise the folk, jazz and rock music festival on the village green at Water Newton with all proceeds going towards the upkeep of St Remigius Church. www.waternewtonvillage.co.uk

Isn't it about time we really did support our ex forces?

Up to 10,000 British ex forces personnel who served Queen and country are homeless after leaving the military. Shockingly, ex-service personnel account for one in 10 rough sleepers across the UK, many of them with mental and physical difficulties and disabilities.

Next time you make a charitable donation, you might want to think about



where and to whom it's going to! You could contribute to the £162000 salary of charity fat cat, Peter Wanless. Or why not consider making a much needed donation to help some of the people who served their country.

You may not have heard of Les S, but read Les's story-Compare his tale with that of Peter Wanless and decide who deserves your charity most! "I served in the parachute regiment from 1976 to 1986; I did two tours in Ireland and fought in the Falkland's. I was awarded the military medal during the battle of Goose Green. When I left the army I joined the prison service as a PTI, I was involved in the Strangeways prison riots, it was after this my problems started, my marriage broke down and I ended up homeless and diagnosed with PTSD (Post Traumatic Stress Disorder)

I went to a home for veterans who suffer from PTSD and I also got help from the British Legion and SAFFA. I got re-married in 2002 and in 2008 I had a serious relapse and again my marriage broke down and I had to live in a van for 6 months as I could no longer receive help from the British Legion or SAFFA as they had helped me before.

It was then that a local charity took my case on and with their help I was in my own flat within 3 days. I have a war pension which is helpful in some ways but I am not entitled to a council house because of it. I can't go on the housing list or claim benefits. I can't claim anything at all despite the government promising us priority housing. If it wasn't for local charities I would have given up a long time ago, like so many of my brothers that fought in the Falkland's war have done.

Thankfully I'm now recovered and working to help other ex-forces that are homeless, physically disabled or mentally ill. I'm not the only case, there are thousands of men and women in need of help and I feel the country just brushes the problem under the carpet!"

For more information on The Peterborough Supporters of Combat Stress, they can be contacted on: supportersofcombatstress.co.uk

Disability Peterborough range of services

Disability Peterborough. Your local centre for free confidential and impartial information and advice for disabled people, carers and families. We provide a range of services that assist people with disabilities to achieve their potential and have maximum choice and control over their lives. The information and help we provide can enable anyone, living in Peterborough, with a disability gain the freedom and support they are entitled to.

Peterborough Disability Forum.

Is held every other month at City College Peterborough these meetings are open to anyone with an interest in disability issues in the city. The group helps to shape and influence decisions affecting the lives of all disabled people in Peterborough as well as their family members and carers. Each meeting has several topical guest speakers providing updates, news and information.

NewsLink

The Peterborough Disability Forum produces a monthly newsletter NewsLink. Get NewsLink: dialsport@gmail.com

Inspire Peterborough Promotes sport and leisure activities, as well as promoting health and well-being initiatives and support for disabled people and their family members and carers. 01733 330815 or contact@inspirepeterborough.com

The Inspiring Peterborough Radio Show

Want to hear what's going on in Peterborough? Then why not listen to the Inspiring Peterborough Radio Show on Radio Peterborough, every other Friday between 12 and 2pm. Want to hear news, views and information for people with disabilities, their families and carers? And there is lot of really good music. Contact the Inspiring Peterborough Radio Show: contact@inspirepeterborough.com

Shop Mobility

If you have problems walking around the City Centre, you can borrow a wheelchair from Shopmobility (hand propelled or battery operated). The chairs can be used anywhere within the City Centre. A wheelchair escort service is also available. Please book in advance, Tel: 01733 313133. Shopmobility is situated on Level 11 of the Queensgate Shopping Centre. Disability Peterborough, Kingfisher Centre, Cresset, Bretton, Peterborough, PE3 8DX. Tel: 01733 265551

And finally!

Some useful numbers

Age UK 01733 564185

Benefits (housing and council tax) 01733 452241

Care and Repair 01733 863895 Handyperson 863860.

CareZone 01733 575083

Carers Trust Peterborough 01733 645234

City Care Clinic 01733 293800

Child Benefit 0845 302 1444

Department of Work and Pensions (new claims) 0800 055 6688

Disability Peterborough (DIAL) 01733 265551

Fire and Rescue Service 0800 917 9994

Housing Options 01733 864064

Inland Revenue – Tax Credits 0845 300 3900

Inspire Peterborough 01733 330815

Peterborough Association for the Blind 01733 344 844

Peterborough Community Assistance Scheme 0844 4994120

Peterborough Direct 01733 747474

Peterborough City Hospital 01733 678000

Peterborough Police 101

Samaritans 08457 909090

Shopmobility 01733 313133

St Georges Hydrotherapy Pool 01733 453583

YMCA GYM 01733 313 085

49 Lincoln Road - Learning Disability Drop-in-Centre 01733-207299