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Registered Charity No. 1089250
Company Limited by guarantee: 4255588

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News, views and
information from
Disability Peterborough

Newsletter

Disability Peterborough is here for you...

Welcome to our latest newsletter, we hope you enjoy reading it. I would like to say that COVID19 was no longer a major problem but as we all know it looks like restrictions and partial lock downs will be with us for some time yet. Many people have contacted us feeling very isolated and anxious about the coming days and weeks. Our small team of staff and volunteers are here, to first offer a compassionate listening ear and then provide the latest reliable information and to guide those most in need to appropriate local help.

All our services are operational and provided in a manner that ensures your safety. Whatever happens please be assured that we will do our absolute best to make sure we do all that we can to support people with a physical disability or a long-term health condition, carers, and friends.

The advice service we offer is open to everyone, there is no formal referral process and it is free. We also offer a listening ear, offering support and wellbeing calls to any disabled person that requires assistance.

Our specialist hard-working team offers a telephone helpline on 01733 265551 and can deal with many disability related issues ranging from welfare benefits to equipment, carers, employment, support groups,

disability discrimination and much more.

Our Handyperson Service is available to help you with any small jobs that around the home that you find difficult to do such as leaking taps or changing light bulbs. In addition, we can provide a collection and delivery service for shopping if you don't have the means of shopping online. Funded by the National Lottery this service is free for anyone with a physical disability. If you need any assistance, please call us on the advice line number and we will do our best to help.

We are also working at a regional and national level on policy issues that concern disabled people. A national disability strategy is the process of being written along with a green paper and we would very much like to include the views and wishes of local disabled people into the discussions. If you would be willing to join a small steering group that we are setting up, we would love to hear from you. Please email me at sandie@disabilitypeterborough.org with your contact details. All meetings will be held via zoom or teams and your own lived experience of disability is the only joining criteria that we need.

If you would like to discuss anything in this newsletter or have any other issues do please hesitate to contact me on the email address above or call our advice line on **01733 265551**

Wishing you and yours well over the coming weeks

Sandie Burns, CEO

Why donating to local charities is more beneficial

As a small charity, we have lower overheads than a larger national charity. We are a small team with many of us doing multiple roles. This means that more of the money donated to us goes to the people who really need it. When you give to a local charity like us, the money is used in the local community. It could be a friend, neighbour or even a family member.

Did you know that in 2018, only 7% of donations were given to physical and mental healthcare (3%) or disability (4%). Young people are more likely to give to a physical and mental health charity, whilst older people are more likely to give to hospitals, disaster relief and religious charities.



Mr H from Stanground tells us why he supports us as a local charity...

"We were an active couple with a very good social life when our lives were changed significantly overnight, my wife suffered a brain haemorrhage, leaving her disabled in both limbs and losing her ability to swallow. We returned home to a life of utter confusion and helplessness of unknown proportions. We were completely ignorant of what we should and could be doing, my time was now being spent as a carer for my wife. We were unaware of what benefits, services and help & advice we could get and indeed needed so desperately.

That is until we heard of this charity called DIAL, a local charity financed by our local council. I rang DIAL, with some trepidation, but the very next day we were visited by a delightful lady who started to 'open the window' of knowledge and how our problems could be resolved with help from DIAL. Promptly, a disability benefit was applied for and received soon after. From that day in 2007, we had a point of contact for all the help and advice we needed, but most importantly they answered those questions we didn't know we should ask. For all this free and friendly advice, they were just 'a phone call away'".

With local funding being cut the team at Disability Peterborough have to rely on donations from a very grateful public, but this is never enough, considering the services that they offer and need to reach out and help those disabled people who have never heard of them. No-one knows more than my wife and I how valuable their service is, and has continued to be, during the recent pandemic, they do not pay a large committee of 'Fat Cat' directors to run the service, so all donations are used in the way you wish for them to be, on the clients.

We would urge you to make a donation if they have helped you, or even if they haven't as you never know when you will need them, and if you do it will be at an already traumatic time.

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.

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DID YOU KNOW?

Did you know... As lockdown commenced, we contacted more than 1,500 clients to see if they have a support network in place?

Did you know... In a single year, our benefits advisors have been able to bring in an annual sum of £2.2 million of disability benefits, for disabled people in Peterborough. (Financial year 2017/2018)

Did you know... last year, we helped almost 1000 clients through our Information, Advice and Guidance service and continue to do so over the phone throughout the pandemic

Did you know... You can donate to use online. Go to www.cafonline.org, click on "Donate to a charity" and search for "Dial Peterborough"

Did you know... small charities like Disability Peterborough make up over two thirds of all charities in the UK but receive only 3% of all donations

What we do

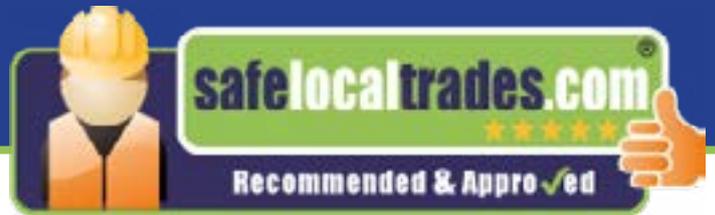
In 2019, Disability Peterborough helped 962 clients through our IAG (Information, Advice and Guidance) programme. This mostly consisted of helping clients to apply for benefits and support they needed. Our advisers have an 85% success rate when applying for disability benefits. The average across the country is 30%. An estimated £4.58 million was claimed by those clients, and for many that money is life changing. It has helped to improve confidence, combat loneliness and isolation, and give many clients a better sense of autonomy and control over their own lives improving health and wellbeing.

Last year, we commissioned a report evaluating our services. Using the Greater Manchester Cost Benefit Analysis tool (a tool also used by the Treasury), it concluded that for every £1 invested in Disability Peterborough, it produced a return of £61.99. This figure not only includes the additional money a client receives, getting it right the first time but also the saving to local government by reducing the pressure on their services

During 2020, the team has continued to provide help and support to many of our over 5000 clients. We have created a shopping service for people who are self-isolating, taken on a handyperson to help clients live better at home, clearing gardens for access and getting those small jobs done that no-one else could do, and distributed crafts, puzzles and colouring to help keep spirits up. This has all been achieved using donations. We receive no government support and without the kind donations from our clients, trusts, foundations and local businesses, none of this would have been possible.

We would like to take this opportunity to thank everyone who has donated to us over the past few months. This has not just been money, but puzzles, equipment, crafting materials, support and volunteering their time. All of our services are run with donations from our clients as well as larger businesses and organisations

Safe Local Trades



As many of you will know, in May we were lucky enough to acquire some funding from the National Lottery Communities Fund. We set up a handyperson scheme and since then, Jeff has been busy getting all those little jobs done that many of our clients were struggling to get done, either because they were not physically able to or because they were separated from their support networks. These jobs were anything from changing lightbulbs, putting up a shower curtain, putting a new bed together and helping to clear gardens for access. Quite often, the smallest jobs can have a hugely positive effect.

Many of our clients have said that they are more than willing to pay for a tradesperson to do the work but do not know where to turn to get the help they need as many people worry about having a stranger in their home. This is where Safe Local Trades can help. We have been working with Eileen, who runs the service and has been extremely helpful get those jobs done that Jeff cannot manage by himself. All of the tradespeople on her register are interviewed and DBS checked.



Eileen says:

“The success of Safe Local Trades is due in the main to the fantastic members we have on our register; all reliable, professional and recommended to offer customers peace of mind. We have over 15,500 genuine reviews on our website therefore consumers can make an informed decision on who to contact for a quotation.

As well as our work with the trades, much effort is placed on safeguarding the more vulnerable people in our communities by working personally and directly with other caring and concerned parties in the ‘local’ community such as Peterborough and Cambridgeshire Neighbourhood Watch, Cambs Police Crime Prevention, Age UK, The Bobby Scheme, Disability Peterborough, Care Network, CAPASP (Cambridgeshire & Peterborough Against Scams Partnership) and many more.”

For more information and to see the tradespeople that are on the register please see

www.safelocaltrades.com

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Sunflower Lanyard scheme

The Sunflower Lanyard scheme has really taken off over the last couple of months. Many of you have been in touch to ask where they can get a facemask exemption badge and lanyard. We have both available for collection from Shopmobility in Queensgate and from our office at John Mansfield Campus on a Friday morning, but please do ring before hand to ensure that someone is on hand to help you.

You do not need to qualify to wear a badge or lanyard. We do however, always advise that you wear a mask wherever possible. This is not only to protect you but everyone else around you. If you feel you cannot wear a mask, there are alternatives such as a visor or snood, many of which are available online. This may also help you if you have breathing or communication issues as they are not quite as restrictive.

Many retailers are also starting to recognise the lanyard. We have had positive feedback from peoples' experience locally in M&S, Sainsburys and Aldi. Queensgate are also recognising the lanyard. If you have any other experience, positive and negative, please do let us know. You can email us or comment on our Facebook page.

We also wanted to say a huge thank you to Oxney Road Sainsburys. We were running low on lanyards and they kindly agreed to share their supply with us. They are very supportive of the scheme and regularly play messages in their stores to remind all shoppers that not all disabilities are visible. It is having a really positive impact and reducing peoples' stress and anxiety when shopping. Well done Sainsburys and keep it up!

We are asking for a small donation for any badges or lanyards. Although we have luckily been given the lanyards we have, we are quickly running out. There is also a material cost to the badges. If we are able to recoup some of the cost, we can continue producing more.



Are you keeping Active?

We have many different clients, ranging in age from very young children to people over 100. This spans a wide range of physically disabilities and health conditions. Some of you were starting to cautiously go back outside as the weather was improving. Now that the numbers are spiking again, everyone is retreating indoors. It is important that you keep your spirits and your mobility up, even at home wherever possible. The current situation cannot last forever and eventually we will all be able to see our loved ones again.

It can be an unnerving time, especially as the government advice is changing regularly. Lives have been changed during the pandemic, some temporarily and some more permanently. Here at DP, the team have been working from home since March and currently have no plans to go back into the office regularly. The changes have been a challenge at times, not seeing and supporting each other as regularly as we would like, but we are here for you and will continue to be as long as we have the money to do so.

If you have any experiences, problems or solutions you would like to share, you can join our growing community online on our Facebook page – and like us while you're there!

Exercises which are low stress and easier to do with disabilities

www.csp.org.uk/easyexercises



Sit to stand

Sit tall near the front of a chair with your feet slightly back. Lean forwards slightly and stand up (with hands on the chair if needed). Step back until your legs touch the chair then slowly lower yourself back into the chair.

Repeat 10 times



Heel raises

Stand tall, holding the back of a sturdy kitchen type chair or kitchen sink, then lift your heels off the floor, taking your weight onto your big toes. Hold for three seconds, then lower with control.

Repeat 10 times



Toe raises

Stand tall holding the same support, then raise your toes – taking your weight on your heels. Don't stick your bottom out. Hold for three seconds, then lower with control.

Repeat 10 times



One leg stand

Stand close to your support and hold it with one hand. Balance on one leg, keeping the support knee soft and your posture upright. Hold the position for 10 seconds.

Repeat on the other leg

Shopmobility Facebook page



Since the last newsletter, we have launched a new Facebook page for Shopmobility. In case you weren't aware, Shopmobility is on the 11th floor of Queensgate car park and is run by Disability Peterborough. I have been contacted over the past few weeks with people telling me that they thought that Shopmobility was closed. We want to assure you that the service is still operational, with reduced hours at the moment.

Many of you will have read the story from the Peterborough Telegraph last year [here](#), about the reduction in funding. The funding was temporarily reinstated which allowed us to continue, but this funding is not indefinite. Shopmobility is run by Chrissie and her dedicated group of volunteers and is funded mainly by the £20 annual membership fee. For the service to continue, we need to increase our membership and overall use of the service.

We don't just hire out scooters and wheelchairs on a daily basis, but also hire

out equipment on a long-term hire. Our prices are competitive and are cheaper than many tourist attractions and holiday parks.

Last year, Shopmobility hired out 3788 scooters, wheelchairs and power chairs. Once you pay your £20 annual membership, you get unlimited daily use of the service

You can find our Shopmobility Facebook page [here](#). Please like and follow us to help spread the word. The more members we have, the more stable its future.

Our ShopMobility scheme have just received a wonderful donation of 2 children's wheelchairs. These have kindly been donated by Ann Gould from Tansor Assessment Centre, who is selling off her remaining stock, due to the business closing soon. It sounds like Ann will be having a well-earned retirement.

The ShopMobility team are thrilled to have the 2 wheelchairs to add to their fleet as the current ones are only suitable for small children, whereas these will suit the older children.

ShopMobility Manager Chrissie says

"We are very grateful for the generous donation of these wheelchairs, it was a lovely gesture from Ann"

