

# FORWARD MIDLOTHIAN DISABLED



Forward MID are a group who are trying to help disabled people living in Midlothian get the right information and easier access to the service that they need to live an active life.

Issues of concern include more enabling transport and suitable housing, access to buildings and safe foot paths , so if you want your say why not come and join us.

We are a disabled group run by disabled people.

The more people we have the louder our voice will be and the more success we can bring.



Planning day meeting with Eric Johnstone and members of **FORWARD MID** 9th August 2005

WE WISH ALL OUR READERS A VERY MERRY CHRISTMAS AND A HAPPY NEW YEAR

## News

### Disability rights commission

A disabled customer with Nat West has received £5,000 compensation after complaining for four years that he was unable to get inside his local bank.

Kevin Caulfield, who uses an electric wheelchair, has been undertaking transactions on the pavement outside his bank in West London because a large step at the bank's entrance has stopped him from getting inside.

Mr. Caulfield used the Disability Rights Commission's (DRC's) conciliation service to negotiate an agreement with Nat West to pay him £5,000 compensation for the poor service he received.

In January 2005, Nat West made a portable ramp available to Kevin and other Disabled customers. The bank had applied to the local council for permission to build a permanent ramp, but this was turned down.

If anyone in Midlothian is experiencing the same discrimination then please ask Forward MID for their help and we will take this matter up with the property concerned.

### Keeping Fit

As many people with disabilities have found out trying to keep active is not as easy as it sounds, if you go to the Midlothian leisure centres they have access for disabled people but very limited equipment for disabled people to use. So it is up to us to keep asking at our local leisure centres what is available to us and reporting it back for further inclusion in future newsletters. The following piece on Tai Chi is information supplied by Marlene Gill and if anyone else as any further information on keeping fit for disabled people Please contact Iain Tait at [dulce.tait@tiscali.co.uk](mailto:dulce.tait@tiscali.co.uk) or write to MVA 4-6 White Hart Street, Dalkeith EH22 1AE.



## TAI CHI

Tai Chi is accessible to all ages and physical abilities and can be practised on many levels, from a simple 'meditative' exercise to a realistic martial art. It can be practised by wheelchair users, and there may be those who are predominantly interested in developing the health aspects of Tai Chi, learning and practising the 'Form', Qicong exercises and meditation.

The Form is a series of slow movements seen performed in Chinese parks early in the morning. It is an exercise system, which along with Qicong exercises and meditation, promotes the smooth flow of the 'Qi' energy travelling through the body. If there is a problem, or imbalance in the flow of Qi energy a doctor of Traditional Chinese Medicine would use acupuncture needles or perhaps acupressure – the use of thumbs or hands to stimulate acupoints and release the blockages.

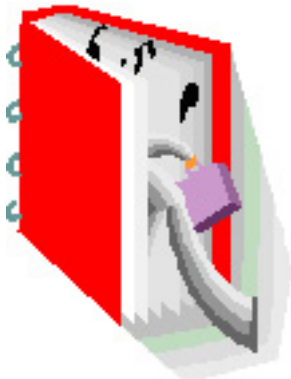
By performing the postures of the Form, in co-ordination with relaxed, natural breathing and the application of Yi, which is the intent or focus of the mind the Qi is kept moving smoothly through the body's channels. The external movements assist the free flow of internal energy. It can also help to increase flexibility, suppleness and exercises the muscles. The smooth gentle movements also aid relaxation and help to keep the mind calm and focused. These benefits are extremely useful in today's stressful society.

For further information about Tai Chi consult the following website: [www.taichiunion.com](http://www.taichiunion.com)

## Forward MID to consult with Newbattle Abbey College

Forward MID have been invited to sit on the new access group at Newbattle Abbey College.

Margaret Teal Consulted with Forward MID to ask if any if any members are willing to work with them on the subject of Access to the College. Anyone who is able to help or requires further information should contact Eric Johnstone 663 9741



Forward mid is hoping to start providing an information service, to do this we need to start collecting books and information from our members that they think might be useful.

The items I think might be useful are booklets from outlets that supply aids for disabled people their address, information about holidays, disabled people have been on and are willing to write their experiences so that others may follow in their footsteps. Information on Motability schemes, I would also like to collect recipes from our members and start a recipe book that can also be used by all. If there is anything else that you can think that we might need please bring it along to the next meeting or if that is not possible please hand it in to Eric Johnstone in the MVA Office, 4-6 White Hart Street, Dalkeith or phone 663-9471.

Dates for your diary  
Forward MID future  
Meetings  
We welcome new members!

12th January 2006 the Open Door,  
John Street, Penicuik  
Agenda Recruitment drive for 2006

9th February 2006 the Open Door,  
John Street, Penicuik.

9th March 2006 the Open Door,  
John street, Penicuik.

13th April 2006 the Open Door,  
John Street, Penicuik.

11th May 2006 the Open Door  
John Street, Penicuik.

8th June 2006 the Open Door,  
John Street, Penicuik.

13th July 2006 the Open Door,  
John Street, Penicuik.

10th August 2006 the Open Door,  
John Street, Penicuik.



Many people who are disabled as well as able bodied people find they have allergies to different things. Marlene Gill has supplied the information below and has also given us a recipe to try. If you would like to have your say on this page then all ideas are welcome so please write to Forward Mid at MVA 4-6 whitehart street Dalkeith or contact Iain Tait at [dulce.tait@tiscali.co.uk](mailto:dulce.tait@tiscali.co.uk)

## Useful information for nut allergy sufferers

Sainsbury's website provides useful information for nut allergy and others with specific dietary requirements.

To receive Product Guidance for People with Nut Allergies, information and a full list of products suitable for people who follow nut-free diets you can write to:

Further information on anaphylaxis is available from The Anaphylaxis Campaign. The Anaphylaxis Campaign is a registered charity which provides support for, and lobbies on behalf of, people with potentially fatal allergies. To contact them send a stamped addressed envelope to:

The Anaphylaxis Campaign

PO Box 275

Farnborough

Hampshire

GU14 6XS

Telephone: 01252 542029

Internet: <http://www.anaphylaxis.org.uk>

Nut Allergy Guide Request

Brand Policy and Sustainability

Sainsbury's Supermarkets Ltd.

22 Holburn

London

EC1N 2HT

## Nut, dairy and wheat free fruity flapjack

Method

By Marlene Gill

Ingredients

4 Tablespoons syrup

150g Dairy free spread

250g porridge Oats

75g Dried Cranberries

75g Unsulphured apricots, Finely Chopped

40g Plain Chocolate (Nut, Dairy and

Gluten and Egg free)

1. Preheat oven to 190o C, 350o F, gas mark 5
2. Grease a 24 x 18cm ovenproof tin
3. Measure the syrup into a small saucepan by dipping the tablespoon in boiling water before dipping it into the syrup
4. Add the dairy free spread and melt over a low heat
5. Stir in the oats, cranberries and apricots and press into the greased tin. Bake in the oven for 30 minutes.
6. Remove from the oven and cut the flapjacks into squares. Don't lift out of the tin, leave until cold.



removing the flapjack from the tin with a palette knife.

8. Store in an airtight container until required.

## Forward Midlothian Disabled

Anyone needing more information can get it at MVA office 4-6 White Hart Street, Dalkeith phone number 0131663 9471 and ask for Eric Johnstone, or by E-mail to Iain Tait at [dulce.tait@tiscali.co.uk](mailto:dulce.tait@tiscali.co.uk) If you wish or prefer to talk to someone with a disability please ask and someone from the group either male or female will endeavour to contact you and help you with your enquiry. Next newsletter is due out at the end of January

Produced by FORWARD MID Edited by Iain Tait