

FORWARD **MID**LOTHIAN **DIS**ABLED



The Motibity Roadshow Edinburgh Comes to the royal highland centre April 5th and 6th 2006

The motibity roadshow For anyone who has never experienced the Mobility Roadshow, read on to find out what it's all about.

What is it?

The world's largest outdoor mobility event, it is the motor show for disabled people. The Mobility Roadshow aims to give anyone with a mobility problem - drivers, passengers, adults or children - the chance to see what is available to help solve that problem and most importantly to try out and evaluate the options in a "no pressure" environment.

Who organises it?

Originally set up by the Department of Transport in 1983, the Mobility Roadshow is now organised by Mobility Choice, a registered charity with grant-aid support from the Department for Transport.

How much does it cost to get in?

Admission is free. There is no charge for any of the facilities on site, with the exception of food and drink (please note that the Mobility Roadshow is strictly an alcohol-free event).

What sort of products will I see?

Latest cars and converted vehicles fitted with adaptations; lightweight, sports, power and manual wheelchairs; hand controls; hoists; car seats; commercial vehicles; battery chargers; trikes and scooters; walkers; rotating car seats; specialist wheels and tyres; suspension systems; ramps; seat clamps; wheelchair restraints; floor

tracking; lifts; independent living aids and numerous gizmos and gadgets to make life easier for anyone with a mobility problem.

Can I have a go on things?

Yes, this is a "hands-on" event. There are opportunities to test drive adapted vehicles, scooters and wheelchairs and to try products out before you even think about buying, so you can compare all the available options. As well as test driving vehicles you can try out a range of other driving experiences, such as 4 x 4, quad bikes and all-terrain vehicles.

The last Mobility roadshow was held in 2004 and was well attended this is an opportunity to and see what is available and at what cost without the pressure to buy April the 5th and 6th.

If anyone would like to go but doesn't have the means to get there please phone Eric Johnstone on 0131-663-9471 and he will try and arrange transport for you to get there and don't worry if have to leave your wheelchair at home Kincaid mobility are offering a wheelchair loan through a pre booking form and a fifty pounds deopist if A check is used then it is returned when the wheelchair is returned. We would like to get as many people from Midlothian to attend and put Midlothian on the map.

News from the D.R.C

The inequality experienced by disabled people stands between the Government and its targets to reduce child poverty and increase the number of people in work. But a lazy fatalism and a low expectations culture running rife through parts of Whitehall means that there is a serious likelihood that its targets will be missed and that millions of people will be condemned to continued poverty and life on the margins of society. This is having a massive impact on child poverty. In two thirds of families where both parents are out of work one parent is disabled.

Mr. Bert Massie said:

“Successive governments have failed to break the culture of low expectations that holds disabled people back – including the present administration. There is a lazy fatalism that too often shapes the perceptions that politicians have of disabled people. In important areas, the distance between the living standards, opportunities and life-chances between disabled people and the rest of the population has widened.”

Mr. Massie set down three key challenges to Government that, if met, would signal a genuine intention to create a society where disabled people are supported to play their full part:

❖ increasing parliamentary representation of disabled people by ensuring a disabled candidate is on the shortlist for all vacant seats;

❖ setting a 20% target for disabled people’s representation on public bodies;

❖ private and voluntary sector bodies winning contracts for the delivery of public services to show how they will ensure disabled people play an active leadership role within their organisations.

Mr. Massie continued: Despite recent developments, society still tends to come from the point of view that its best response to disability is through care, welfare and charity rather than extending rights, opportunities and citizenship. We would not be surprised that a person can be a manic depressive and at the top of their professional game, that a person with a learning disability could make a brilliant parent or that blindness is no barrier to holding high office. It would be a society in which we finally accept that discrimination and disadvantage in relation to disability is as absurd as it is on sex or racial grounds

Profile Of A Member



Name Marlene Gill.
Age Please I’m a lady.

I am an original member of the group before we even had a name. As a member of Formidable I attend meetings with Senior Officers from Health, Social Work and the Voluntary Sector where future plans and expectations for services to people with disabilities in Midlothian are agreed. I am one of a number of the Formidable group who are in the process of devising a programme of Disability Awareness Training which will be offered to a range of agencies to assist staff to experience issues arising for people with disabilities. I hope to meet with staff from local schools colleges and businesses looking for ideas for improving access to their premises.

I also hope to meet with Jim Muirhead who is chair of Midlothian Council’s Equalities Committee and is keen to involve our group in the work of the committee. These developments are welcome and should prove to be of real benefit to those of us with disabilities. If there are people in the community who are interested in what we are doing please get in touch with us whether by phone on 0131 663 9471, letter to Formidable, MVA 4-6 White Hart Street, Dalkeith EH22 1AE, e-mail to dulce.tait@tiscali.co.uk or just come along to a meeting to see and hear for yourselves. We would welcome comments, feedback or your presence

I hope I am not as scary as I look in the photo!

Local Area Co-ordination In Midlothian

What is local area co-ordination, who is it for and what do they co-ordinate?

Local area co-ordinators work with a wide range age group from early childhood to people of 65 years. We work with people who have either **physical disabilities or learning disability**, we can work with individual people or with the whole family group.

Local Area Co-ordinators believe that people are the best experts in themselves, so we work with this always in mind. We can help people to plan, and select the types of services that they might need, by offering the best, most up to date information and support at the right times. This helps people to make choices and have control over their own situations. We support people by co-ordinating, their needs, with what information and services are out there and supporting them to make choices that help them get the best outcome for them. We will also help you link up with the people best placed to move things forward for you

To give you an idea here are Some things we do: Help people find out whether they are getting the correct benefits; work with children who have ADHD and might not be fitting into school; support people to have 'person centred plans'; contact organisations on an individuals behalf; look at whether someone needs a different type of service in their life; look at what is available in the local community. Each piece of work is different and unique and depends on what an individuals needs are. We always listen and always respect that people are the experts in their own life. We know that good support at the right time can be vital to help to families and individuals stay strong and be able to deal with what comes up for them.

We are employed by The Thistle Foundation, to provide this service for Midlothian Council. We are not social workers.

If you are finding difficulty getting information, or perhaps it's hard to know what steps to take next to sort out a situation in your life, Local Area Co-ordination will probably be able to help you. At present we work in Mayfield, Dalkeith and Bonnyrigg, this may widen out in the future.

So how to contact us, You do not need to be referred by another service. We are introduced to people by family members, friends, or social workers, ministers etc. or you can contact us yourself. It is your choice if you want to work with an Local Area Co-ordinator and how long you need the support for. Please call us to find out more about the service and how it might work for you or someone you know. Tel: 0131 561 9657 for Martine Robertson and Morag Paterson or 0131 454 1785 for Catherine Acton.

Information supplied by Martine Robertson

Etiquette

Language is very important but use of language varies from decade to decade. The language we should use is the language used by the Disabled People's movement. Even though you will find wide variation of usage, even amongst disabled people. So by stating this should we build a dictionary of words that are acceptable.

So by saying this there are a few do's and don'ts we should try not to focus on impairments or conditions unless it is unavoidable. We should not term them as patients unless you are their doctor. So in the next issues of Forward mid we will be including etiquette phrases that we hope should be acceptable to all .

We should say disabled people and not the disabled, the handicapped or people with disabilities

Information supplied by Jeff Adamsom fro greater London action on disabilities

Holidays at home and abroad

If you are intending to holiday in the United Kingdom this summer, Here are some web address and phone numbers for you that if you are going to this area might be useful.

Lake District, Grooms holidays have accessible accommodation to let. www.groomsholidays.org.uk or phone 08456 584478.

Devon, Calvert trust have accessible accommodation and outdoor activities www.calvert-trust.org.uk or phone 01598 763221

Camping, Haven holidays have accessible caravans to let self catering or half board great for all us kids www.havenholidays.co.uk or phone 0870 242 2222

Touring, can be in this country or abroad and have wheelchair adaptations www.nirvanarv.com or phone 0800 328 1475

Or if you are going abroad here are some web address and phone numbers that might be useful.

Italy, A.V.I. welcome people with disabilities www.avievents.it or phone 0039 0280 4357

Caribbean, Enable holidays offer accessible accommodation www.enableholidays.com or phone 0871 222 4939

America, Theme parks in America most rides accessible to disabled, Virgin also offer accessible accommodation www.virginholidays.co.uk/florida or phone 0870 990 8350

South Africa, Flamingo tours welcomes people with disabilities and can supply accommodation to suit www.flamingotours.co.za or phone 0027 21 557 4496

Cruising, www.pocruises.co.uk or phone 0845 3555 333

Feedback from Accessible Travel

Marlene Gill used this company along with 3 companions to visit the Costa Blanca in Spain, staying in one of the accommodations La Esperanza in Calpe in August 2004. This is what she says about the experience

I can confirm that the description in the brochure is accurate. Four of us spent 2 weeks in the 2 bedroom apartment. Our arrival was made easy with the provision of accessible transfer transport waiting to take us to the apartment.

The area around the pool was spacious and well thought out i.e. there was a sun lounger available at wheelchair height allowing for easy transfer and also a hoist for transfer into the pool. I chose to rent a power chair on arrival, which was arranged by Peter, the owner of the apartments. However, we were required to pay for this by cash on delivery of the wheelchair, which, luckily we had provision for but might not have done. Similarly, there was use of a mechanism for an adjustable bed, which also had to be paid for in cash at the beginning of the holiday. It may be helpful to check out both of these things beforehand if embarking on the same holiday and I would certainly be checking these out before using other accommodations in this or other brochures. It should be said that the use of these facilities added to the enjoyment and comfort of the holiday. We also hired a car, which allowed us to explore beyond the town of Calpe, and also allowed for easy access up and down the hill especially when we needed to do a supermarket shop.

The crossings in town are dangerous for a wheelchair user because of deep drainage channels along the guttering. I found it more practical and less suicidal to cross the roads in other places. After a couple of days or so I managed to work out a safe route to town. The resort itself has a plethora of eating-places but nearer to home there were 2 extremely good restaurants within 10 minutes walk from the villa.

The resort of Calpe has various ramps onto beaches, which allows easy access to the sea and the use of 'acqua buggies', which can take wheelchair users straight into the sea. I really enjoyed this experience and felt very safe being escorted by 2 helpers that also allowed my carer to go off and swim on her own rather than worry about me drowning.

In all this was a very enjoyable holiday not least due to the helpfulness of the owners of the villa who were on hand to advise and also be of help in any way that was possible. We all agreed that we would be happy to go back again'