

DISCUSS



Working to improve the lives of disabled people
in Lancaster and Morecambe district

THIS EDITION SPONSORED BY



DECEMBER 2010

One Voice



Our Aims:

"One Voice will act as a platform for disabled people to actively work with each other to:"

Help create an inclusive society

Organise against injustice

Promote the rights of disabled people

Our Core Values

- Recognising that disabled people must be at the centre of all our activities
- Recognising and valuing achievements and enabling members to reach their full potential
- Creating an environment that is based on social justice, inclusiveness, equality, diversity and dignity
- Setting and maintaining high professional standards in all our activities
- Committed to continually working to improve the lives of disabled people in the Lancaster and Morecambe district.

IN THIS ISSUE

One Voice Aims and Core Values	2
In This Issue	3
Cornerstone News	4
One Voice News	5
Unique News	6
Welcome to the Guide	7
ME	8
Thumbprint	9
Library News	10
UN Convention on the Rights of Persons with Disabilities	11
Shopmobility is back!	12
Morecambe Shopmobility	13
SNOW-CLEARING help page	14
Xmas home security	15
Singalong	16
Complementary Therapies	17
How to access help on the internet	18
DISCUSS Newsletter Contacts and Great internet sites to visit for saving you money & general interest sites	19



**We are closing for Christmas on
Wednesday 22nd December.**

One Voice News



Working to improve the lives of disabled people in Lancaster and Morecambe district



The Mayor & Mayoress of Lancaster, Councillor Tony Wade and Mrs Christine Wade at the launch of THE DISABILITY ACCESS GUIDE

2010-2011 EDITION in OCTOBER 2010 with staff and volunteers.

**ONE VOICE WILL RE-OPEN ON .. JANUARY 5th, 2010 at an area to be discussed
One Voice telephone no: 01524 34411**



Unique News



Unique is a social group for young adults with disabilities and their friends, aged between 18 and 30, predominantly from the Lancaster, Morecambe and Heysham areas of Lancashire. The group meets on the first Wednesday of each month at The Cornerstone.

Unique has had another successful year with approximately 10 people attending each event and has attracted a number of new members. The events we have organised are: games nights, quiz nights, bingo, karaoke and much much more. All these events have proved very popular.

For our Christmas event this year we organised a trip to Morecambe Superbowl. This was on **Wednesday 8th December, 7pm till 9pm.** We met at **6.45pm** inside Morecambe Superbowl. For further information on **Unique** please do not hesitate to contact **Michelle** on **01524 382800** or uniquelaunch@googlemail.com.

Finally, I would like to thank all those who have supported Unique in the past 2 years. It has been greatly appreciated. I hope Unique continues to be as successful in the coming years.

**I would like to wish everyone a Merry Christmas and
a Happy New Year.**



ACCESS GUIDE

Welcome to the Guide

This guide is for the use of anyone in **Lancaster** and **Morecambe** who requires good access to services, whether it be because of low mobility or a disability. We hope that the guide will be of use to both visitors and residents alike who require good information and access for the services they want to use.

FREEDOM AND CHOICE

One Voice is committed to encouraging local business and services in the provision of good access for all. This is to enable disabled people to freely use the services without encountering physical or information barriers.

The information in this guide has been compiled by disabled people with good local knowledge and is up to date at the present time. We will continue to update information on a regular basis.

We very much welcome your comments, suggestions and any additional information you think would be useful. If you have a business or service that you wish to be included in the Guide, please contact us via the [Contact Us](#) page.

Individual access requirements vary a great deal. We suggest that this information is used in conjunction with local tourist information and any other information which may be produced by individual service providers.

HANDY TIPS

The Guide has been compiled by members of One Voice. Throughout the Guide we have added our own handy tips. We hope that they will prove helpful!

- 1.If you have any particular access requirements, we suggest that you contact the service prior to your visit.
- 2.It may be easier to use a business or service outside peak hours.

MOBILE VERSION

Available as well

Do you know someone who suffers with Chronic Fatigue Syndrome/ME?

Morecambe Bay ME Group is a local support group for people with ME/CFS over the age of 18. All new members are welcome.

Stay in Touch:

- Monthly newsletter
- Facebook site
- Round Robin email
- Regular socials

Activities:

Instructional Classes to help manage and improve living with CFS/ME such as assertiveness training and mindfulness training.

Therapeutic Exercise (e.g. yoga) and Dance classes tailor-made for people with CFS/ME.

Monthly meetings with speakers on topics such as alternative therapies, nutrition and local services for people with CFS/ME.

Information:

- Group Coordinator
- Help with benefits
- Buddy system to be put in touch with local people with ME.
- Regular meetings with up-to-date information about the illness.



If you'd like to know more, phone our group coordinator, Jo on: 01524 888214 or email info@bayme.org

Visit our website: www.bayme.org



Thumbprint

Take an idea Your idea Go for it! Make it work!

Registered Charity no 1094984

Thumbprint works with individuals who have learning difficulties set up and run their own projects. We work alongside people with learning difficulties to build projects that they own and lead – to help them become viable and sustainable.

Fragments is a new social enterprise that makes mosaic house signs and similar items out of broken pieces of tile. Each tile is made individually to the customer's specifications, creating a bespoke one off item.

Fork to Fork is a food growing project that aims to grow fresh, organic, seasonal ingredients to use in the Cornerstone Community Café. Volunteers grow fruit, vegetables and herbs in allotments and gardens in Lancaster. Fork to Fork has been very successful and is a finalist in the Lancashire green awards for the Green Community Award. Fork to Fork has also begun developing a new 2 acre site up at Lancaster leisure park.

Untangling The Web is an Internet café that runs three days a week and is open to the public. Untangling the Web provides individuals with learning difficulties the use of equipment here with support from volunteers on the project to use the computers.

Thumbprint also has other projects including Please Phone Bank, Ink Again & Explain It! Thumbprint is a user-led organisation with the individuals taking lead on their project to create a working atmosphere

YOUR Library and Information Service

Lancashire has one of the largest public library systems in the country, with branches and mobile libraries covering all of the county.

As a member of the library up to 20 items can be loaned at any one time. These can be a mix of:

- Books
- Large Print Books
- Language Courses
- Material in other languages
- CDs/DVDs
- Spoken Word Sets
- Maps

As well as loaning material the library also provides other services, these include:

- Public computers
- Community History and study areas
- Local society details
- Children's storytimes and events
- Reading Groups
- Information
- Courses, workshops and activities
- newspapers and magazines
- Photocopying and fax facilities
- Live art performances
- Easy access facilities
- OnLR (Online Reference Library)

Access to Service

Lancashire County Library and Information Service is committed to providing a service which is accessible to everyone.

We aim to remove barriers to using the service for people from all backgrounds:-

These include

- People in rural areas
- Travellers and the homeless
- Migrant Workers and Asylum Seekers
- Older people
- Looked after children
- prisoners and ex offenders
- Disabled people
- Minority Ethnic Communities
- Refugees
- Vulnerably-housed people
- People with low basic skills
- anybody socially excluded from the community

If you need any assistance or further information please ask at your local Lancashire Library, telephone 01772 538008, or log onto www.lancashire.gov.uk/libraries/services

MORECAMBE: Telephone: 01524 415215

LANCASTER: Telephone: 01524 580700



UN Convention on the Rights of Persons with Disabilities

The UN Convention on the Rights of Persons with Disabilities (UNCRPD) is the first human rights treaty of the 21st Century, re-affirming disabled people's human rights and signalling a further major step in disabled people's journey to becoming full and equal citizens.

On 8 June 2009 the UK Government ratified the Convention signalling its commitment to take concrete action to comply with the legal rights and obligations contained in the Convention. The Government has also ratified the Convention's 'Optional Protocol'. See our statement 'Commissions call for fresh impetus on delivering disability rights'.

UN Convention on the Rights of Persons with Disabilities

<http://www.un.org/disabilities/default.asp?id=259>

Convention on the Rights of Persons with Disabilities: Its Implementation and Relevance for the World Bank

<http://siteresources.worldbank.org/SOCIALPROTECTION/Resources/SP-Discussion-papers/Disability-DP/0712.pdf>

This document helps the reader to better understand the meaning and context of many of the Articles of the *UN Convention on the Rights of Persons with Disabilities*.

Section Three: What are we implementing? A guide to deciphering the CRPD! (from the 'Disabled Peoples' International' Website).

<http://www.icrpd.net/implementation/en/toolkit/section3.htm>

Or, in PDF format:

<http://www.icrpd.net/implementation/documents/en/ImplTK-Sec3dft5.pdf>

This discussion familiarizes the reader with the structure and purpose of the CRPD and also provides links to excerpts, on the same Website, from other human rights conventions related to the various CRPD Articles discussed here.

Legal Opinion on Article 12 of the CRPD

<http://www.internationaldisabilityalliance.org/wp-content/uploads/2009/08/LegalOpinionLetterArt12FINAL.doc>

(This is taken from: <http://www.internationaldisabilityalliance.org/representation/legal-capacity-working-group/>)

The International Disability Alliance states its mission as: "...the effective and full implementation of the UN Convention on the Rights of Persons with Disabilities worldwide, as well as compliance with the CRPD within the UN system, through the active and coordinated involvement of representative organisations of persons with disabilities at national, regional and international levels."

Article 12 is fundamental to the recognition of disabled people "...as persons before the law" and to the exercise of their "...legal capacity on an equal basis with others in all aspects of life" (quotes from Article 12). The Article's legalistic language, however, makes it a difficult one for many of us to understand. What is legal capacity? This document provides a clear answer to this question and its importance for disabled people; the following definition from the discussion highlights the central issues:

Legal capacity consists of two integral components: the capacity to hold a right and the capacity to act and exercise the right...

The authors also ask, if this is how the CRPD views legal capacity has it been extended to all persons with disabilities or have certain persons been excluded?



Shop Mobility



Is back!

\\You can hire a scooter, electric or manual wheelchair or walking frame in Lancaster on Wednesdays and Fridays or in Morecambe on Tuesdays and Thursdays.

Prices start from as little as £3

To become a member, find out more or make a booking contact:

One Voice, The Cornerstone, Sulyard Street, Lancaster LA1 1PX

Shopmobility Tel: 01524 382764

www.lmshopmob.org.uk

admin@lmshopmob.org.uk

One Voice, 213 Marine Road Central, Morecambe LA4 4BU

Tel : 01524 831760



Lancashire Self Directed Care Support



Supporting Choice and Independence in Care



Working to improve the lives of disabled people in Lancaster and Morecambe district

There is now a Changing Places facility at the Festival Market public toilets in Morecambe. The toilet is accessed using a key which must be obtained and signed for in the Morecambe Visitor Information Centre (VIC), which is approx 200m away in The Platform Buildings. During the winter the VIC is open Monday to Saturday 9.30am to 5pm and in the summer months it is also open on Sundays 10am to 4pm, their phone number is 01524 582808 if people want to ring and check in advance.

SHOPMOBILITY

Wright Care Mobility are delighted to support and work with Lancaster and Morecambe Shopmobility.



NOW IN MORECAMBE

at The Winter Gardens, 213 Marine Road Central,
Morecambe, Lancashire LA4 4BU

PRODUCTS AND SERVICES:

- Free and confidential information and support service.
- 10% discount voucher on production of this advert.
- Hundreds of ideas for daily living.
- Pre-book your FREE home mobility assessment TODAY.



Tel: 01524 382764



Helping you live life independently

HELP PAGE

IN CASE WE GET ANOTHER BAD WINTER AND PEOPLE ARE CONFUSED ABOUT WHAT THEY CAN AND CAN'T DO ABOUT SNOW-CLEARING...

New Government guidelines about removing snow and ice have been published to try and reassure residents they will not face prosecution for clearing paths outside their homes.

Last winter many people helped keep pavements and public spaces around their homes clear of snow, but many people were put off doing so because of fears of being sued.

As the country prepares to be part of the Coalition Government's 'Big Society', new advice on rights and responsibilities for residents when clearing snow and ice from public areas have been published online.

According to the advice on www.direct.gov.uk, there is no law stopping people from clearing snow and ice from the pavement outside their property, pathways to property or public spaces.

If an accident did happen, it's highly unlikely that residents would be sued as long as they are careful and use common sense to make sure that the pavement or pathway didn't become more dangerous than before.

It is also worth remembering that people using areas affected by snow and ice also have responsibility to be careful themselves.

Other tips and advice on clearing snow and ice include:

- Start early - it's much easier to clear fresh, loose snow compared to compacted ice that has been compressed by people walking on it ;
- Don't use hot water - this will melt the snow, but may replace it with black ice, increasing the risk of injury;
- Be a good neighbour - some people may be unable to clear snow and ice on paths from their property;
- If shovelling snow, think where you are going to put it so that it doesn't block paths or drainage channels;
- Make a pathway down the middle of the area to be cleared first, so you have a clear surface to walk on;
- Spreading some salt on the area you have cleared will help stop ice forming - table salt or dishwasher salt will work, but avoid spreading on plants or grass as they may be damaged by it;
- Pay particular care and attention to steps and steep gradients;
- Use the sun to your advantage - removing the top layer of snow will allow the sun to melt any ice beneath; however you will need to cover any ice with salt to stop it refreezing overnight; and
- If there's no salt available, sand or ash are good alternatives!



**Lancashire
Constabulary**

police and communities together

Be careful this Christmas – make sure Santa is the only one coming down your chimney... or through your unlocked back door, or your open window.

Tips for beating the burglars and keeping your home safe....

- Take the frame numbers of new cycles and the serial numbers of new electrical equipment for future reference. Remember, empty boxes left outside advertise that you have new goods inside - dispose of packing carefully.
- If you go out for the evening - make it look like someone is at home by turning on lights and the radio. Don't leave curtains open so people can see your decorations as potential thieves can see in.
- Be extra careful about locking doors and windows.
- As a fire precaution, don't leave Christmas lights on in the house whilst you are out.
- If you go away for the holiday period - use an automatic timer for lights and ask a trusted neighbour to watch your home.
- Don't forget to cancel newspapers and milk if you have them delivered and either redirect your mail through the Post Office or have your neighbour take mail into the house - unopened Christmas cards and mail are a sign that the house is empty

If possible keep presents out of sight until last thing on Christmas Eve and if you 'hide' or store larger items such as bicycles in the shed or outbuildings, make sure they are very secure."

Crime prevention: 01524 596988 - Jan Brown
Report crime: 01524 63333
Crimestoppers: 0800 555111



Tuesday 21st December
2010
7pm-8pm

BBC Lancashire sing-a-long event!

Everyone from the Cornerstone is welcome!! The night will involve a gathering from 7pm-8pm at the Cornerstone when we will be tuning in live to BBC Radio Lancashire to sing-a-long and listen to interviews with 3 other selected venues. There will also be a selection of refreshments served throughout the evening!





COMPLEMENTARY THERAPIES



Due to the Cornerstone closing for renovation,
The Complementary Service will close from December until
Spring 2011

I would like to thank all of you who have kindly supported
the service and hope to see you again in the future.

In the interim if you would like to be added to my contact
database please **Email: lezane.onevoice@btconnect.com**

Lezane Myall (BA, DipSW and Registered with The Federation
of Holistic Therapists)

HOW TO ACCESS HELP ON THE INTERNET

My husband has been housebound for over two years now due to suffering from agoraphobia. We previously had a very good social life, but that stopped after a panic attack rendered my husband housebound.

Looking back he had been suffering from anxiety and depression for a long time before but we never recognised the signs. Our life is completely different now and we have had to adapt our family around my husband's condition.

We decided to set up an online forum which we thought would be helpful for people who find themselves housebound whether that might be for days, weeks, months or longer due to a specific condition. The aim of our forum is to provide a base for individuals to chat to others in a similar situation. We also provide links to organisations and services who can offer further help for people with mental health conditions.

As well as specific condition forums the site also has a carer's section, lounge area for general chat and fun aspects such as quiz nights, book reviews, recipes, arts and crafts. There is also a live chat facility so you can chat 1-1 with fellow members in private.

We have been overwhelmed by the response from major organisations and have support from numerous organisations including the NHS, who have added our forum to their NHS Health A-Z pages, MIND and Anxiety UK.

For more information please email:
support@houseboundforums.com

You can view the forum: <http://www.houseboundforums.com/>

**KAREN WOOLLEY is the EDITER of the
DISCUSS NEWSLETTER.**

We hope to make this a regular One Voice Publication.

Your contributions are needed so that all disabled and able readers of the newsletter are kept fully informed of new ways they can benefit and enjoy life as fully as possible.

One Voice telephone no: 01524 34411

**One Voice Disability Services
The Cornerstone
Sulyard Street, Lancaster. LA1 1PX
01524 382800 (Reception)**

**Sponsorship enquiries please for the Easter 2011 edition
reopening**

Some Useful Websites: Karen's Personal Favourites

**MY TOP INTERNET MONEY SAVING SITES OR OTHER SITES OF INTEREST
View these sites just to see what they can offer:**

1. <http://www.moneysavingexpert.com>
2. <http://www.bookkoob.co.uk>
3. <http://www.quidco.com/>
4. <http://www.clearance-comet.co.uk/>
5. <http://lancs.gumtree.com/>