

DISCUSS



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

SEPTEMBER 2010



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in Lancaster and Morecambe district

RECEPTION

on 28th OCTOBER 2010

11am—2pm
with
The Mayor & Mayoress
of
Lancaster

Councillor Tony Wade and Mrs Christine Wade

they will also launch

THE DISABILITY ACCESS GUIDE 2010-2011 EDITION



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Cornerstone News



**UPDATE ON CHANGES TO OUR
BUILDING WILL BE IN THE NEXT
NEWSLETTER**

One Voice News



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 able and disabled readers of the
newsletter are kept fully informed of new ways they
can benefit and enjoy life as fully as possible.

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

- H**elp create an inclusive society
- O**rganise against injustice
- P**romote the rights of disabled people
- E**mpower disabled people

You can view information through these social networks:

(One Voice) www.twitter.com/One_Voice_Lancs

(shopmob) www.twitter.com/L_M_ShopMob

we are also on facebook.

I would like to thank Stuart Constable for all his help and advice with
formatting this newsletter.



Unique News



Unique has been running for 2 years and is very successful with a membership of approximately 40 people with varying disabilities.

This is a social group for young adults with disabilities aged between 18 and 30. Unique runs on the first Wednesday of each month from 7pm till 9m at The Cornerstone, Sulyard Street, Lancaster. We have a variety of activities such as bingo, quiz nights, games nights and much much more. We also organise trips out to Morecambe Super bowl and The Grand Theatre in Lancaster.

The next Unique event is on:

**Wednesday 6th October 2010 7pm—9pm at The
Cornerstone, Sulyard Street, Lancaster.**

This event is to be confirmed.

For further information about Unique, please contact:

**Michelle Senior on 01524 382800
or e-mail: uniquelaunch@googlemail.com**



Access to services Guide

This guide is for the use of anyone who requires good access to services, whether it be because of low mobility, a disability or a parent with a pushchair. 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! If you have any particular access requirements, we suggest that you contact the service prior to your visit. It may be easier to use a business or service outside peak hours.

Mobile Version also available

DISABILITY NOW

JUNE BENEFITS

Maria Miller (Minister for Disabled People), says her challenge is that everything her department does improves the lives of disabled people. We have a benefits system which supports people in living independently for as long and as best they can. There is a benefits review taking place and I know these benefits will be looked at.

POLITICS

Why are most polling stations not accessible to wheelchair users? At least there are 5 years to get this sorted before the next major election.

Postal voting can only be done with help. There should be either a tactile voting device or a large print version of the ballot paper, both are legal requirements under the Representation of the People Act

AUGUST FUEL POVERTY

The extent of fuel poverty in the UK needs to be rectified immediately according to Ruth Patrick. Many disabled people who receive the high level disability allowance for mobility impairments would benefit from similar payments to those that are made at present to the over 60's (between £250 and £400) regardless of income to assist them with the cost of heating their homes during the cold winter months. A good place to start, if you agree, is by sending a letter to your MP.

DISABILITY TIPS THANKS TO MARTIN LEWIS's FORUM's

BT offer a free directory enquiries service for people who can "prove" they are unable to handle or read a directory. For details call 195 from a landline.

Free road fund for one vehicle for anyone receiving one of the following:

- higher rate of the mobility component of Disability Living Allowance
- War Pensioners Mobility Supplement

The Cinema Exhibitor's Association offer a discount card to anyone who receives DLA or who is registered blind.www.ceacard.co.uk. This link will take you to their website where you can download an application form.

www.direct.gov.uk/en/DisabledPeople/Everydaylifeandaccess

Gives a list of discounts a disabled person can claim for.

**To see the Martin Lewis internet site go online:
MoneySavingExpert.com**

Equality and Human Rights News Issue 22

Equality and Human Rights Commission

June 2010

Inquiry into disability-related harassment

We are investigating whether public bodies and public transport providers are fulfilling their legal obligations to prevent disabled people from being harassed.

Equality Act

We welcome the passing of the new Equality Act which contains a series of measures for tackling inequalities in Britain.

Pay gap remains between men and women

On the 40th anniversary of the Equal Pay Act, the Commission has called on organisations to do more to close the pay gap between male and female employees.

Community leaders urged to tackle homophobia

To coincide with the UN International Day Against Homophobia, we provided them with guidance on how to play their part in tackling homophobic crimes and abuse.

Commission writes to police forces over use of stop and search

We asked five police forces with some of the most disproportionate use of stop and search powers to justify this disproportionately.

LIBRARY EXCEPTIONS

Find out how disabled people can benefit by calling during opening hours:

MORECAMBE: Telephone: 01524 415215

LANCASTER: Telephone: 01524 580700

You can ask a member of staff to discuss with you in private what you are entitled to because of your disability.

DON'T BE AFRAID TO DISCUSS YOUR CONDITION WITH A MEMBER OF STAFF. They are there to help us.

Exemptions from charges

The following exemptions from charges are available

Borrowers aged 65 or over: are exempt from:

- overdue charges on books and public information videos

Children aged under 16: are exempt from

- overdue charges on books
- reservation fees
- hire charges on talking books

Borrowers who are long term sick or disabled: are exempt from

- overdue charges on books and public service videos
- reservation fees

Borrowers who are unable to read or use books because of a disability: are exempt from

- hire charges for audio-visual items and CD Roms
- overdue charges
- reservation fees

Borrowers who use mobile libraries: are exempt from

- overdue charges on books borrowed from mobile libraries

Borrowers in receipt of Housebound Reader Service: exempt from

- all hire charges
- overdue charges and
- the reservation fee

Please note: all borrowers are required to pay postal charges incurred in sending overdue reminders. If you wish to claim any exemptions please ask a member of staff. Documentary evidence will be required.

Examples are:

Borrowers aged 65 and over:

- driving license
- birth certificate
- passport

LIBRARY EXCEPTIONS cont'd

Long term sick

A payment order book or official notification of award of:

- Incapacity Benefit (long term rate) or
- the Disability Premium paid with any of the following:
 - Income support
 - income-based Jobseeker's Allowance
 - Housing Benefit
 - Council Tax benefit

Disabled:

- Payment order book or official notification of award of:
- Disability Living Allowance
- Severe Disablement Allowance
- Attendance Allowance
- Disabled Person's Tax Credit
- Industrial Injuries Disablement Benefit
- War Disablement Pension
- or the Disability Premium paid with any of the following:
 - Income Support
 - Income based Jobseeker's Allowance
 - Housing Benefit
 - Council Tax Benefit

Unable to read or use books because of a disability

Official letter from:

- Your doctor,
- Optician
- Hospital
- Social Service
- School or similar body
- Registration document (e.g. registered blind/partially sighted)
- Dyslexia report

Do you know about the Home Library Service in the Lancaster and Morecambe area?

Morecambe Library offers a personalised Home Library Service to people living in and around the Lancaster and Morecambe area. This is a free fortnightly service to people who are restricted to their home through age, disability or infirmity, and who are unable to arrange for their library items to be changed on their behalf. We can deliver books in a variety of formats (small print, large print or audio), information books, music CD's, DVD's and jigsaws.

Please contact Glenys Knowles on 01524 415215 if you would like to find out more about the service, or know someone else who would.



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



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

Lancashire Self Directed Care Support



Supporting Choice and Independence in Care





COMPLEMENTARY THERAPIES

One Voice provides the following Complementary Therapies at The Cornerstone:

Aromatherapy Massage
Indian Head Massage
Reflexology

Complementary Therapies have numerous benefits including improving physical and emotional well-being and aiding relaxation.

- **Aromatherapy** combines massage with the application of essential oils of plants, each of which have specific therapeutic effects and can improve physical and emotional well-being.
- **Reflexology** helps to balance the body and stimulate the body's own natural healing abilities. The treatment involves gentle pressure point massage to the reflex areas on the feet which correspond with the various parts of the body.
- **Indian Head Massage** involves an intensive but gentle massage of the head, neck and upper body. It works deeply to ease the physical tension in the shoulders and neck that is often caused by stress.

Complementary Therapies are available to disabled people, those who have health conditions and carers. The therapies cost £10 and sessions will last one hour. ***If you would like to treat a friend or family member, gift vouchers are available.***

For further details or to make an appointment please contact **Lezane Myall** (BA, DIPSW and registered with The Federation of Holistic Therapists)

Tel: 01524 34411/382800

Email: lezane.onevoice@btconnect.com

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

Empower 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