

Forward

Midlothian

Disabled People

www.forwardmid.org.uk



Equality - Diversity - Inclusion



**Midlothian
Disabled
People's
Assembly**

Please join us at the **Midlothian Disabled Peoples Assembly launch event for the new "Directory for Disabled People and People with Long term Conditions 2023."**

When: September 21st 2022

**Where: St John's & King's Park Church, 31 Eskbank Road,
Dalkeith, EH22 1HJ**

Time: 11:30 am to 1:30 pm

The event will include many information points/ stalls that raise awareness and informs people about services in Midlothian, that may be useful for Disabled People.

One of the key outcomes from the day and event is that we hope that everyone leaves the event, more knowledgeable and informed about local services, that can support good lives for Disabled people, than when they walked through the door at the beginning of the event.

People will also receive a free physical copy of the new Directory.

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COMPASS. Therapy, Support

COMPASS. Therapy, Support, Community for people living with neurological conditions, We help people find direction on their neurological journey. We address an individual's challenges and symptoms, rather than a particular condition. We offer a choice of options and continuity of support, to help people explore what works best for them now, and in managing change.



Neurological symptoms are wide ranging and specific to the individual and can include both physical and emotional. Many symptoms are common, such as: persistent fatigue, 'brain fog', weakness, joint pain, depression, non-restorative sleep, decreased alertness. partial or complete loss of sensation, numbness in the legs or arms, changes in coordination or balance, slurred speech and tremors.

Compass. Therapy Support provide:

- Advice and information
- Specialist oxygen therapy
- Physiotherapy
- Adapted and supported exercise classes face to face and online,
- A range of complementary therapies (e.g., acupuncture, myofascial release therapy, aromatherapy massage and reflexology)
- Fatigue management courses
- Community referral pathways
- Wellbeing Support

Compass. Therapy Support offer practical advice and community sharing. We actively encourage befriending, peer support and social activities, and provide career support.

Our trading name change reflects that, in addition to providing self-management support therapies and services for those with living MS, an increasing amount of our work is now supporting people with other neurological conditions. This includes those living with ME/Chronic Fatigue Syndrome, Stroke, Traumatic Brain Injury, Fibromyalgia, Parkinson's, and severe Migraine/Cluster Headaches.

Therapy Support Fund.

All our therapies and classes are heavily subsidised through our Therapy Support Fund (TSF). This enables us to operate a minimum contribution system for those who can make a payment and provide treatment sessions free (limited, dependent upon funds/availability) for those who cannot: means-tested benefits. All community fundraising activities and events and donations help us maintain this fund. Only 12% of our income is derived from local authority grants.

Name of service: Compass. Therapy, Support, Community.

Address: 40c Swanfield, Edinburgh EH6 5RX

Phone: ☎ 0131 554 5384

Email: ✉ info@wearecompass.org.uk

Website: www.wearecompass.org.uk

Twitter: twitter.com/CompassTSC

Facebook: www.facebook.com/CompassTherapySupportCommunity

Instagram: www.instagram.com/accounts/login/?next=/compasstsc/

YouTube: www.youtube.com/channel/UCysTS8pARrn2knj3dUp-h0g

DISABLED PEOPLE HIT BY DOUBLE WHAMMY OF RISING PRICES AND RISING CARE CHARGES

With Inflation about to hit 10% disabled people are facing a double charge. Many disabled people face higher fuel costs than others because of their need for higher levels of heating and the costs of charging hoists and other equipment. But they also face rising costs for their care paid to local councils.

In April 2019, the Scottish Government introduced Free Personal Care for people under 65 who need social care support. It was called Frank's Law in memory of Frank Kopel who had dementia but because of his age had to pay for his personal care. The new law was aimed at reducing care charges.

Figures published by the Scottish Government show the latest state of social care charges in Scotland.

- In the final year before Frank's Law (2018-19), local councils took just over £32 million from disabled people.
- Two years later despite the introduction of Free Personal Care local councils were taking a further £800,000 more in social care charges, now over £33 million. [i]

There are two main reasons for the rise.

First, local councils are charging disabled people more for vital aids and adaptations to live in their own houses.

Dr Jim Elder Woodward from Dunbartonshire had to pay £6,400 – 40% of the total cost - for a new stair lift in order to be able to leave his upstairs bedroom after 14 months trapped in it.

Second, councils are reclassifying the type of care that people get so that it doesn't count as free personal care.

Susan is a disabled person living in one of Scotland's cities. She uses a wheelchair and requires support 24/7 to help her eat, communicate, manage continence issues, go out to meet friends and many other personal care issues. Her council has assessed her as at risk if left alone and she is required to have staff present all the time, a total of 126 hours of support. In 2017, she paid £70 per week to her local authority for social care charges. All her care was understood to be Personal Care.

Following the introduction of Free Personal Care for the Under 65s, the local authority drew a distinction between personal care and non-personal care. They now said Susan received 91 hours a week of personal care which was free but also received 35 hours of non-personal care, principally "housing support" to help her pay her rent and bills, a service which is chargeable. Susan is now charged £80 per week.

Christine, a single mother pays £100 per month in care charges said, "At the moment everything is going up, especially electricity and gas and what have you. If they didn't have care charges, people would be less stressed and they would have that money they are paying for care charges to help.

(Christine is available for interview – sample video available on The Assembly's Facebook page, 8th June)

Jeff Adamson, Chair of Scotland Against the Care Tax said, "This is a really concerning development. When prices are rising everywhere, paying more in care charges is hard for many. The Scottish Government need to end care charges now and not in 4 years' time or longer. "

The Scottish National Party pledged in its 2021 manifesto to end all social care charges in the current parliamentary session which ends



in 2026. A Scottish Government working group has been set up to progress this issue. No date has yet been set for them to report nor have the Scottish Government set a date to introduce the proposed changes.

1. Scotland Against Care Tax is an alliance of disabled peoples organisations campaigning for an end to charging for social care. It includes The Assembly, Lothian Centre for Inclusive Living, Glasgow Centre for Inclusive Living, Sense Scotland, Glasgow Disability Alliance, Learning Disability Alliance Scotland, Values Into Action Scotland, Values Into Action Scotland and Inclusion Scotland.
2. Please contact Ian Hood or Jeff Adamson, for more information.
Ian Hood – ☎ 07920 141 823
Jeff Adamson - ☎ 0131 663 8969
✉ Email: scotlandagainstthecaretax@gmail.com
📘 www.facebook.com/ScotlandAgainstCareTax/

Fair Start Scotland

Fair Start Scotland is a flexible employment support service to help you get ready for work and achieve your potential. Fair Start Scotland believe that everyone should have the same opportunity to access a job that is right for them no matter what their circumstances.



Fair Start Scotland provide employability support in:

- Edinburgh, East Lothian, Midlothian, Scottish Borders, West Lothian and Fife
- North Ayrshire, South Ayrshire, East Ayrshire and Dumfries and Galloway
- Aberdeen and Aberdeenshire

When you join Fair Start Scotland you'll have a welcome session with your personal adviser, who will:

- give you more information about the service
- find out more about you and your circumstances
- find out about your skills and abilities and job interests
- understand any challenges you may have
- tell you how we'll work with you to find the right job for you to meet your needs.

You'll have an initial chat with your personal adviser to find out what:

- your strengths are
- your interests
- your skills and abilities
- challenges you may face
- health issues or concerns you may have.

Working with you will help us to give you the right information, advice and guidance to find a job that best suits your needs. And don't forget it's a two way discussion so it's an opportunity for you to ask questions - having a clear understanding from the start will help us to manage your expectations and vice versa.

Why is Fair Start Scotland different to other back to work-related services?

- You decide whether you want to take part and your participation is completely voluntary.
- You'll have the flexibility you need to help you get the right skills to help you move forward.
- We'll listen and take into account your circumstances, supporting you to remove any barriers you may have to finding work.

- We'll put you first, working together to tailor the service to meet your needs.
- You'll have the opportunity to develop the skills and experience you already have to prepare you for work.
- You'll have up to 12 months pre work support with a further period of in work support which will be tailored to suit you.

Sharing some good news....

Mandy's life changed when she was offered not one, but two jobs. She is over the moon with her new role.



Mandy said;

"I came into Triage with no confidence and thought I was worthless and within days I had an interview with Midlothian council and got offered two jobs! This was due to my advisor telling me that I could do this, and I had loads of skills - this boosted my confidence because she encouraged me to believe in myself"

Get in touch

If you want to know more about StartScotland and the services we provide to help improve people's lives and how we make a positive difference,

 www.startscotland.scot

 info@startscotland.scot

FreePhone: ☎ 0800 048 7061

 www.facebook.com/StartScotland

 [@StartScotland](https://twitter.com/StartScotland)

 [_StartScotland](https://www.instagram.com/_StartScotland)

LCiL's New Self-Management Support Service

The COVID pandemic has had a profound effect on us all but for people living with long term health conditions the impact might well have been devastating. Their confidence levels, sense of control and routine have been very badly affected.



To help people respond to these challenges, LCiL have secured funding allowing us to extend our self-management support service to adults living with the effects of a long- term health condition in Midlothian.

This service is particularly suited to people who are feeling isolated, possibly living with a new diagnosis and/or experiencing different symptoms brought on by living with different health condition(s.)

If you know of someone who might benefit and is interested in having a confidential chat then please do not hesitate to contact Paula Moncrieff on ☎ 07396 591871 or send an email to SMW@lothiancil.org.uk

This service is also open to self referrals and there is no waiting list at the present time.

LCiL's aims are simple and we believe wholeheartedly that by working collaboratively with individuals and recognising that people are the experts in their own lives we can empower people living with long term health conditions to make more informed choices and enjoy far more better

days.

For more information about our service and how it can support people please click on the attached link below or contact Paula Moncrieff for an informal and confidential chat.

Self Management - Lothian Centre for Inclusive Living (LCIL)  www.lothiancil.org.uk

COVID-19 tests are no longer free for most people

Some people can still get free COVID-19 rapid lateral flow tests from the NHS. You can get tests if you are a person at risk:

- Down's syndrome, or another chromosomal disorder that affects your immune system
- certain types of cancer or have received treatment for certain types of cancer
- sickle cell disease
- certain conditions affecting your blood
- chronic kidney disease (CKD) stage 4 or 5
- severe liver disease
- had an organ transplant
- certain autoimmune or inflammatory conditions (such as rheumatoid arthritis or inflammatory bowel disease)
- HIV or AIDS and have a weakened immune system
- a condition affecting your immune system
- a rare condition affecting the brain or nerves (multiple sclerosis, motor neurone disease, Huntington's disease or myasthenia gravis)

Order your Covid 19 test kits at  www.gov.uk/order-coronavirus-rapid-lateral-flow-tests and complete a registration to see if you qualify.



Elderly and vulnerable locals can access vital eye and hearing care at home

HOME eye examinations and hearing tests are available for anyone in Midlothian who is unable to leave their home. The team of mobile opticians and audiologists provide a comprehensive eyecare and hearing service, with service users benefitting from a free NHS-funded eye examination or free hearing test and the same high standard of care they would expect in a store.

Those who require glasses can see and try on a wide selection of frames to suit all styles and budget. If you qualify for NHS funding towards the cost of glasses, you may be eligible for a free pair of glasses. Hearing aids, which start from £495, can also be fitted from the comfort of home. The Home Visits service is available for people who are unable to leave their home unaccompanied due to a physical or mental illness, or disability.

The service is locally owned by three partners, all with extensive experience. Dispensing optician, Pauline Skea has worked for Specsavers for more than 25 years, first starting out as an optical assistant in 1995. Optometrist, Colin Rutherford, has a qualification in independent prescribing and Lynne Phillips has 17 years' experience with Specsavers, having started out as an optical assistant. She initially qualified as a dispensing optician before broadening her expertise by training to become an audiologist.

To book an appointment, contact the team on ☎ 01698 757660.

For more information about Specsavers Home Visits, including eligibility information, visit  www.specsavers.co.uk/home-eye-tests and  www.specsavers.co.uk/home-hearing-tests.

Worst airline ever for disabled traveller

About me I am wheelchair user.

6th March 2022, Before flying I arranged to have my wheelchair meet me at the gate on both journeys and it was confirmed By email all 4 emails for special request

It did not meet me at the gate either journey.

Instead I waited until they found a generic wheelchair with no pressure cushion. I need a pressure cushion to avoid my skin breaking down, your actions could have put me in hospital. After transit to departure area placed on a electric cart and taken to disabled point. At the disabled point I was abandoned.



At the disabled point I asked to go to Toilet it never happened. When I repeatedly asked I was informed the will get a wheelchair assistant, I am still waiting.

This left me wondering what would happen during a fire. **Would we just sit and roast?**

On the return journey same again no wheelchair to meet me dumped at disabled point and a small incident happened two ladies could not hold it in any longer two assistants both male took them to a changing place. The flight was called and the girl calling flight came to the disabled point and asked if anyone going to Manchester, A flurry of hands went up including mine, and she said, "come with me." I said, "I need a wheelchair and she got on the Two-Way Radio. Some of the people had assistants so could have managed, however no wheelchairs.

On arrival at Manchester. I waited over 3 hours to get a wheelchair at aircraft. And Eventually managed to find an Office Chair with wheels that would be used at a desk. So pushing it backward with one leg and a crutch made my way through Passport control to baggage reclaim. Where low and behold no wheelchair. I reported it missing but now have another problem I cannot proceed to onward Travel.

I felt like a fourth class traveller as even the food trolley were better serviced.

Thankfully the Phil at Baggage Reclaim and Nassar Qatar airways desk were very sympathetic and Nassar arranged a taxi to take me home.

2nd June 2022 at 5pm, I have had a call from Nassar to say they think they have located my wheelchair in Doha baggage and are arranging for it to shipped to me to confirm it is mine.

So no legs to go shopping so far. My independence has been stolen. I tried to phone today to Qatar mishandled Luggage and discovered an Automated Message and only Email contact. I have emailed them. They have stated : Good afternoon,

Regarding your missing wheelchair with Qatar.

I can see form your file what the airline think they have found, and they have requested for it to be sent to Manchester, but as yet there has been no arrival into Manchester yet.

As the airline has taken over the tracing from us you might be best also contacting the airline via their website at www.qatarairways.com/en-au/baggage/mishandled.html

We will also chase up with the airline as well.

11th June 2022 wheelchair returned with stickers of location at various dates and wheelchair carry

bag ripped, I am very grateful to receive it back.

Qatar Airways scored

1. Disabled traveller. score 0.

Don't tell us what we need ask us what we need and when arrangements have been made do not change them.

2. You stated one wheelchair can be carried in Cabin. On arrival found out used for something else. Score 0

3. Choice of food during flight. A puff pastry roll is not a sandwich. Score 0

Qatar Airways need to take advice and act upon. It in my opinion Worst airline ever for disabled traveller. I look forward to your response.

I think your excellence award should be removed.

Iain Tait [✉ iainwisharttait@live.co.uk](mailto:iainwisharttait@live.co.uk)

Checking online: Failure to Return Gate-checked Mobility Equipment is the second most common complaint.

When is a Blue Badge not a Blue Badge

A Blue Badge doesn't work the same in every local authority area, and there are some places where it cannot be used at all. Some popular tourist destinations in the country have different rules, including:

Cornwall, where you can [register a vehicle](#) to be able to park for free in council car parks.

Blackpool, where there are [various zones that are not included](#) in the blue badge scheme.

Glasgow, where you should check the [detailed guidance](#) about areas where blue badges cannot be used.

Cardiff, where the blue badge scheme is [not valid in certain areas on pages 6-10](#), and you are advised to enquire before travelling.

Different areas of **London**, some of which have [limited support for the blue badge scheme](#).

The **Lake District** in **Cumbria**

These rule variations occur all over the United Kingdom, so if you are going to be travelling anywhere in the UK, you should check the rules regarding Blue Badges for the destination area. Checking the [GOV.UK](#) Blue Badge information online could help you avoid getting a parking ticket.



Alternative Publications

Please like us on Facebook www.facebook.com/forwardmid/

Forward Mid newsletters are available in large print on request from Eric Johnstone ☎ : 0131-663-9471 or [✉ eric.johnstone@mvacvs.org.uk](mailto:eric.johnstone@mvacvs.org.uk) write to him at MVA, 4-6 White Hart Street, Dalkeith, EH22 1AE with your request. Electronic copies can be found on www.forwardmid.org.uk. The latest Firefox browser has the reader symbol  in the address bar, click and select narrate from left menu. The latest Safari Browser has the reader symbol [Reader](#) but does not read aloud. These only work on websites without errors. If you require help please contact Forward Mid and we will arrange to help you.

Edited by Iain Tait for Forward Mid