

FORWARD MIDLOTHIAN DISABLED



The independent living roadshow is coming to Glasgow secc for the fourth time on the 28th of March 2007 from 10am until 5pm and 29th of March 2007 from 10am until 4pm. This is a leading event for people with disabilities Their aim is to help people to achieve independence in their daily lives. So what will there be there

- ◆Lifestyle demonstrations to help you stay fit and healthy
- ◆Special features providing the latest information on independent living in Scotland
- ◆Access to the latest products so you can make the right purchasing decision
- ◆Free entry and easy-to-get-to central Glasgow venue

There will hundreds of products on display from adapted vehicles to beds mattresses, bath and showers, lifts ramps, childrens equipment, mobility solutions, communication and cell systems and other daily living aids to be compared and tested. You can get advice from over 15 national and regional associations from funding to support for disabled people living in Scotland. Free seminars that last about 45 minutes some aimed at professionals others

aimed at people with disabilities, from associations such as the Scottish executive and disability rights commission. There is also a mobility point with free powered wheelchair and manual wheelchairs loan, first come first served.

This is a ticketed event, the tickets are however free and can be obtained from phoning 0870 429 4372 or by visiting on the world wide web at www.independentlivingscotland.co.uk and fill out visitor registration form on the right hand side of the screen and you will receive you badge and save you from queuing on the day and you will also get up to date information.

If you decide to go by public transport an accessible courtesy bus is running between the Scottish exhibition and conference centre (SECC) and Buchanan street bus station, Queen street railway station and Glasgow Central railway station. This sounds like a very nice day out and to find out about all the new features that are being developed to make life easier for people with disabilities. Forward MID would like some fee back from all those that attend so that our readers that could not attend see what they missed.



On the 14th of February the Disability Rights commission set out its agenda, which sets out the major challenges for public policy in respect of disabled people and their families and recommendations for how to meet them.

Sir Bert Massie, D.R.C's Chairman said: "The positive developments of the last decade have undoubtedly helped to create a more open road for disabled people to be and do the things they want to in life. But at the same time the public services, resources and support many require to take up these new opportunities have either not materialised, remain at odds with these goals or have gone into decline.

Many disabled people have been invited to look up to the stars, only to find the ground opening up beneath them.

This is why, just as the D.R.C has offered leadership during the last decade, so with the launch of today's Disability Agenda we are seeking to offer leadership for the next.

It proposes reform and investment in our public services founded upon the principles of dignity and respect and delivering the means for people to participate and achieve their potential and to secure a healthy and prosperous life.

Importantly it is also about refreshing our approach to disability equality fit for a new era of leadership from the Commission for Equality and Human Rights".

If you wish to read the whole speech it can be found on www.drc.org.uk and is downloadable as a PDF file, You can also phone them on 08457 622 633 alternatively you can write to them at D.R.C Helpline FREEPOST MID02164 Stratford upon Avon CV37 9BR

Forward MID news

Forward MID are planning a disability awareness day, This is for members to learn about how to deliver disability awareness. For more information please contact Eric Johnstone on 0131-663-9471.

People First Midlothian People

First (Scotland) started in 1989. It is the independent self-advocacy organisation in Scotland, run by and for people with learning difficulties.

The chair of the Dalkeith group is Monica Hunter, chairperson of People First (Scotland)



At the moment Midlothian members take part in the "Same as You?" steering group, held at Fairfield House in Dalkeith. This will shortly change into the "Joint planning group". These groups are where decisions on the future of services and support to people with learning difficulties in Midlothian are made.

Midlothian members are in the process of writing guidelines to promote the inclusion of those with learning difficulties in consultations, and to increase the accessibility of meetings and documents. The strength of People First comes from its' membership. In Midlothian three local groups meet fortnightly in Penicuik, Bonnyrigg and Dalkeith all will welcome new members.

The support system and connections that can develop through membership of People First is invaluable. Many members from the Midlothian wide group have incredible stories of how their lives have moved on as well as how they still struggle for equality in everyday life.

To find out more about People First in Midlothian or to become a member please contact; Fiona Wallace on 0131 478 7707 or Rhona Neill on 07739641385 Midlothian development worker.

Thanks to Rhona Neill for this article.

NHS Wheelchair and Seating Services.

The remit of the NHS Wheelchair and Seating Service should address the lifestyle requirements of users and carers ensuring maximum possible social inclusion. Service delivery should be based on holistic requirements and not coloured by available funding for equipment. The service should measure performance and demonstrate accountability. A multi-agency approach to deliver a seamless service, from the user and carer perspective, should be established at national level, delivered locally. This study report was done in March 2006 and is extremely large if you wish to read it in full you can view on the web at URL www.scotland.gov.uk and type the heading from this section onto the search.

Thanks to Marlene Gill for this article

The House Key

This site introduces you to services that provide housing support throughout Scotland.

They assist a wide range of people to manage on day to day basis within the community, by

providing practical help and advice. Housing support services can be provided in someone's own home. There are many different kinds of services including adaptations for disabled people, visiting support to help with housework & shopping, resettlement support & community alarms. They are provided for people who really need assistance, such as older people, homeless people, people with physical or learning disabilities, mental health problems, drug & alcohol problems or HIV, refugees, care leavers, and women escaping domestic violence. The site provides full descriptions of the services, what they do, who they are for, and how to get them. Find A Service will select services that might suit you.

This service is run by the Scottish Executive and you can see what they have to offer by visiting them on line at www.thehousekey.org



Beauty pageant

Miss ability crowned id Holland, Roos Prommenschenkel was crowned miss ability 2006. It seems, the Dutch want to let us know that disabled women can be beautiful, as well as intelligent and dignified. Twelve young women, including amputees and wheelchair-using contestants, parade themselves - yes, sometimes in swimsuits - in front of a panel of judges



It was the shock TV ratings hit of 2006. Getting a staggering 25 percent of the audience share, Miss Ability took the form of a good old-fashioned beauty contest. The trailer the dutch used for this program was "have you ever whistled at a girl in a wheelchair? Checked out the boobs of a blind babe or flirted with a girl who has difficulty walking?"

The BBC are asking what people think about the idea of having a U.K. version. You can have your say at www.bbc.co.uk/ouch and go to the features section. What do you think? Good or bad.

Public Transport

The Department of transport have done a feasibility study of wheelchairs and scooter traveling on public transport, The department of transport have come up with measurement of wheelchair thresholds and these are: height 1.350mm, length 1,200mm, width 700mm and weight including occupant 300kg or less and that the access should have a gradient of not more than 8 degrees, although this does vary through different transport regions. However some forms of transport will not allow you to remain in your wheelchair and insist it is carried as luggage and charge you for this privilege. If you wish to read more then the URL is <http://www.dft.gov.uk/transportforyou/access/tipws/cmspt/carriageofmobilityscooterson6163?page=1>

A TALE OF TWO BUSES

It was the best of days. It was the worst of days. The physio appointment had arrived much sooner than expected so I was pretty happy. I got up early to exercise the dogs and feed them before having breakfast and preparing to go to the health centre in Bonnyrigg. The only accessible buses to and from the village leave at 5 minutes past the hour, so I had to get the 11:05 bus for the 3 mile journey to the health centre appointment at 12:00 pm. I had arrived at the bus stop in good time and was told by others already in the queue that the bus was running late. No problem, I thought, as long as I had not missed it. 10 minutes later the bus duly arrived A double decker that is, complete with steps - a tad of a problem for a wheelchair user ! Right number, wrong type of bus.

“Can ye no get on this bus?” Asked a fellow traveller.

Not without divine intervention I thought.

“So what happened to the accessible bus?” I asked the driver.

“They ran out”. He replied

“OK, so the next one is likely to be a single-

Decker?”
“I don’t know”
“Can you find out?”
“Not really.” He replied



By now all the travellers are involved with comments with comments like ,“Whit a shame” and “ That’s no right”. Meanwhile I’m thinking that I am going to go back home and brave the dogs and explain why I cannot make the 3 mile journey to the surgery on time, and will miss my precious appointment . Now the kind physio has been back in touch with me and arranged a home visit. Very kind and extremely thoughtful, however I liked the idea of getting my own way to the surgery, just like ordinary folk would.

I have been on a bus since then. There I am facing all the passengers. For safety reasons the wheelchair has to sit backwards.

“That’s jist amazin, how ye get oot an about. Ye dae awfae well - considerin.”

Well yes, it is a lot easier when the bus has a ramp

Forward MID Meetings for 2007

Please put all these dates in your Diary. All Forward MID meeting are held in the Open Door, John Street Penicuik Between 2pm and 4pm. If you have any difficulties in attending please contact Eric Johnstone on 663-9471

Look forward to seeing you there!

Thursday 8th
March 2007

Thursday 12th
April 2007

Thursday 10th
May 2007

Thursday 14th
June 2007



AbilityNet is a national charity helping disabled adults and children use computers and the internet by adapting and adjusting their technology. They also supply computers at a cost that already are adapted please visit our web site or call us for more information on adaptations and cost. Whatever your health condition or age you can find a solution that will help you stay in touch and enjoy life to the full.

Access to Work funding is available for technical assessments and the costs of adapting an employee’s IT and workstation. AbilityNet is an accredited ATW provider for ICT assessments in the workplace

Contact david.traish@abilitynet.org.uk or enquiries@abilitynet.org.uk for further details. Or phone them on 0800 269545. Visit them on line at URL www.abilitynet.org.uk

Alternative Publications

The editions of the Forward MID newsletters are available in large print or a E-mail publications For alternative publication please E-mail to eric.johnstone@mvacva.org.uk or call Eric Johnstone on 0131-663-9471 or write to him at MVA 4-6 White Hart Street, Dalkeith EH22 1AE with your request.