

FORWARD MIDLOTHIAN DISABLED



Physical disability and depression

Many of us will, at some time, have a serious physical illness. Both the illness, and the treatment for it, can affect the way we think and feel. Some of us will remain physically disabled for the rest of their lives, also known as altered body image.

The emotional effects of having a serious physical illness can affect every area of your life: relationships, spiritual beliefs, work and how we socialise with other people. A serious illness can make us feel sad, frightened, worried or angry.

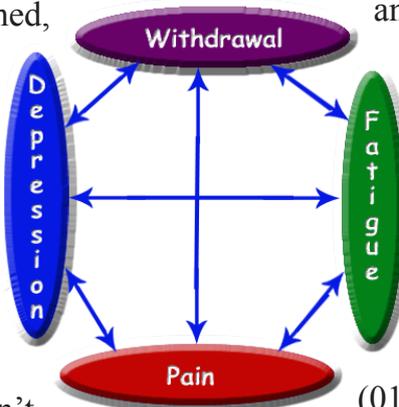
It may be because: We feel out of control of our body and our situation generally. We may feel that there is nothing that we can do. We feel lonely and isolated from family and friends. Sometimes it can be difficult to talk about the illness with those close to us. We don't want to worry or upset them. For some of us, the emotional impact of a serious physical illness can make us very anxious and depressed. It can stop us from doing the things we need to do in our daily lives.

Tests have shown: you are more likely to experience severe anxiety and depression when you are physically ill. It is often a relative or friend who first notices anxiety and depression coming on in someone with a physical illness.

How to take control again. Talking to relatives might cause more anxiety, however talking treatments are a great healer of the mind just to find out you are not the only person with a physical disability is a reassurance. Once you talk to someone other doors open and before you are aware life is good again.

Drugs can help but they take some time to work and usually have unwanted side effects. Helping yourself into a balanced diet is very beneficial and restricted the intake of alcohol is advised as alcohol in quantity acts as a depressant and may interfere with any medication. Allow time for relaxation.

Forward MID are running a massage group called "Easy Does It", We can give practical advice and how to access it, "connect" (0131-561-9657) run by Local area co-ordinators for adults with a physical disability can help you into a activities or even plan one. If you find it difficult to talk to relations and just want to talk to someone that also has a physical disability then please get in contact. If you wish to try and change peoples perception of disabilities and make life easier then come and join us, the louder our voice the more we are heard in Midlothian. Lothian Centre for integrated living also offer a counselling service for people over 18 years on 0808 801 03 62



Jackie Baillie MSP disabled parking bays

On the 3rd June 2008 Jackie Baillie MSP formally introduced her Member's Bill in the Scottish Parliament to tackle the abuse of disabled parking bays.

The Disabled Persons' Parking Places (Scotland) Bill has received wide spread support from a range of organisations including those promoting equal opportunities and disability rights. A petition in favour of the Bill and the positive impact it will have has gathered almost 3000 signatures.

There are an estimated one million disabled people resident in Scotland, of this 96,000 are registered wheelchair users and 223,995 are registered Blue Badge holders who will benefit from this Bill.

The Bill further requires local authorities to contact owners and/or operators of private car parks including supermarkets and out of town retail centres to negotiate an agreement which would make their disabled persons' parking places enforceable.

In addition local authorities will be required to report annually to Scottish Ministers on the enforcement of disabled parking bays in their area.

Speaking at the introduction of the bill Jackie Baillie said:

"The abuse of a disabled parking bay has real consequences for someone who is disabled. Many disabled people feel that their rights are not respected and the sheer impact of being unable to use a bay is simply not understood.



"It is too often the case that disabled drivers are unable to find parking facilities either outside their own home or in their local high street to access essential services. Unfortunately, on many occasions it is a result of able bodied drivers abusing these spaces. The message was put simply, but powerfully to me at the start of the campaign: 'If you want my disabled parking space, then please have my disability too.'"

Jackie Baillie went on to say "I would like to commend retailers like ASDA and Braehead shopping centre on their initiative to protect spaces reserved for disabled people, in anticipation of the bill. It is great to see action to make ensure that disabled parking spaces are available to those who need them."

Every newsletter we will bring you summary of key areas that Forward Mid are involved -

A summary of key areas discussed at our August meeting.

▶ Karl Vanters, Manager Midlothian Travel Team.

Karl gave general overview of Travel team remit and then discussion and questions followed. Discuss partnership working with Forward mid, particularly in relation to Taxi companies/ licensing; Taxi diary draft format/partnership working; bus information/ routes/ frequency/access.

▶ Catherine Evans/ patient Bill of rights

Catherine outlined the areas of the patient bill of rights. People contributed clear suggestions from their experience. Catherine noted responses. Also publicized event of NHS Lothian annual evaluation, Livingston 8th September.

▶ GP visits program. To plan next visits...



Beeslack Family Disabled Club

Beeslack Disabled Club was established twenty-two years ago. Beeslack Family Disabled Club providing a fully supported environment

where everyone can participate equally and actively in any activity of their choice. Over the years we have expanded somewhat and currently we offer a variety of activities such as cookery, arts & crafts, woodwork, swimming, computers, music, TV, pool and coffee bar.

We cater for all types of special needs, it doesn't matter the degree of ability.

Everyone is treated equal and we provide a fully supported environment where everyone can actively participate.

AIMS OF THE CLUB

The primary aim of the club is to provide opportunities for all members to integrate socially and educationally in a warm friendly environment. This enables the club to:

- *Promote social welfare for disabled people of all ages;

- * Promote educational and recreational opportunities, thereby encouraging greater independence of disabled individuals;

- * To encourage by the involvement and participation of the whole family, greater support to the disabled person and thereby develop greater support between families.

SWIMMING

We currently run three swimming sessions open to both families and individuals. The club has excellent swimming facilities, a hoist and full disabled access to the pool, enabling every member of the family to participate in this activity.

WOODWORK

We currently run two woodwork sessions staffed by one of our schoolteachers, In the woodwork class, you can make anything you like from jewellery boxes to toy cars.

COOKERY

We currently run two extremely popular cookery sessions anyone can make the dish of the day ranging from Paella to Pancakes

ART & CRAFTS

The club offers a highly popular Art & Craft class all afternoon. In this class, you can draw / paint pictures, stitch a picture, knit and make many wonderful things.

MUSIC

The club offers a music class where you can learn to play the keyboard learn percussion or practise your Karaoke singing.

COFFEE BAR

The lounge has a coffee bar where you can purchase refreshments & Snacks.

A pool table and Television are also available throughout the afternoon.

VOLUNTEERS

Why not brighten up someone's day and join in their happiness? Why not help someone achieve their personal goals?

By volunteering, you can gain enormous satisfaction and personal reward. Can you spare a few of hours on a Sunday afternoon during the school term? Beeslack Family Club is always on the lookout for volunteers.

WHAT WILL YOU DO?

You will join a class tutor in one of our classes to help them with the activity. The tutor will offer you support and guide you in the best way to assist members. We have numerous opportunities from Cookery to Art & Crafts. Therefore, you could be helping someone bake a cake or paint a picture. Your help and assistance will be greatly valued by tutors and members alike.

For further information about Beeslack Family Disabled Club or if you wish to offer your services as a Volunteers

Please Contact: Betty Turner (President)

01968 673243

Angus Scott (Treasurer) 01968 673415

Robert Copper (Principal Officer)

01968 673893

Tracey Aston (Project Officer)

07828508439

Remember to register your class 3 scooter

What is class 3 scooter compared to a class 2, a class 2 scooter is designed for pavement and footpaths and can travel between 2 to 4 miles per hour and is ideal for going around shops, is also accepted on trains. A class 3 scooter is a scooter that is designed for use on the highway and can travel between 4 to 8 miles per hour, it is also allowed on pavements, ways or restricted roads. It is not allowed on trains as it blocks the through traffic.



Because it travels on roads it needs to be licensed however it does not need to display number plates, if you are registered disabled you will get your road fund tax licence free of charge and it must be displayed on the scooter, the forms you need to fill in

are a V55/4 and a V55/5. If you already own a class 3 scooter you will also have to register it, you will need your class 3 scooter but the registration will be fixed with the letter Q. These forms are to be handed into your local DVLA office and not returned to Swansea. The local DVLA office for Midlothian is in Edinburgh at Wallace House, Lochside Avenue, Edinburgh, EH12 9DJ, their phone number is 08708 500 007.

The actual form itself is causing some confusion. If you find you would like help filling this form out then please contact Forward MID and we will send you a copy of the correct information required alternatively go to www.forwardmid.org.uk and navigate to publications and year 2008 and click on class 3 licensing.

Blue Badge Protector

In 2006 over 6000 blue badges were stolen from parked cars. If you were one of the unfortunate one's this happened to you will know the stress this break in caused. You will also know that it would take up to six weeks to get a replacement blue badge and during this time you would not be allowed to park in a Disabled Persons Parking bay. So what is the blue badge protector? It is a rigid protector sleeve with sturdy lock that is attached by a



wire cable and wraps around the steering wheel, this is sufficient to deter the opportunist thief as blue badges can sell for up to £500 on the black market. If it is a determined thief, then it is more likely that they will steal the whole car. The blue badge protector costs £17.25 from <http://bluebadgeholder.com> or phone 0844 800 3352. Better safe than sorry.

Redex trophy

Asda has won the redex trophy for services to disabled people, in January 2008 Asda introduced fines for people parking without displaying blue badges in the disabled persons

parking bays. The availability of disabled persons parking bays in Asda car parks has risen by approximately 60%

Alternative Publications

The editions of the Forward MID newsletters are available in large print or at www.forwardmid.org.uk 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.