

Newsletter issue 23 August 2009

www.forwardmid.org.uk

FORWARD MIDLOTHIAN DISABLED



Forward Mid partnership with Equalities Forum promotes Disability Equality in Midlothian



On 15th June 2009 around thirty people representing various agencies including Midlothian Council Social Work, Housing, Building Standards, NHS Lothian, Scottish Disability Equality

Forum, Forward Mid, Occupational Health and Social Policy and Regeneration came together at Gorebridge School to participate in a Disability Equality workshop.

The event involved people working in shared groups around the themes of Independent Living in Scotland; Information, Peer Support, Accessible Environment, Accessible Transport, Barrier Free Housing, Suitable Equipment, Peer Advocacy, Personal Assistance, Education, Income, Employment, Health.

This event was a really positive example of Forward Mid the Midlothian wide Disability equality Forum working with Health and Council and Community Planning partners to move the key equality issues forward for disabled people.

The action plan from the event is included in this newsletter and was presented to the Community Planning Equalities Forum on 22nd June.

Some of the key actions include;

- Produce an information pack for disabled people from point of diagnosis - multi-agency approach
- Develop Access Panel in Midlothian.
- Develop a peer support network in Midlothian.
- Develop an Information Pack which gives clear direction on who to contact for equipment.
- Promote increased access to correct benefits and entitlements if unable to work.
- Increase the number of short term work placements in Midlothian Council, especially for those with Additional Support Needs.

Forward Mid will continue to challenge and progress the rights of Disabled people in Midlothian and nationally, so that we all have the same freedom, choice, dignity and control as other citizens at home, at work, and in the community as well as the right to practical support to participate in society and live an ordinary life.

If you share our values and want to be involved,
Get in Touch!
eric.johnstone@mvacvs.org.uk





Independent Living Scotland 2009 returns to the SECC in Glasgow on Wednesday 9th September: 10.00 - 16.00 & Thursday 10th September: 10.00 - 16.00 . The event is Scotland's premier homecare, disability & rehabilitation exhibition and attracts over

3,000 visitors.

Over 120 exhibiting companies will be at the event showing thousands of products to aid independent living.

The event is free to attend and the ideal place to see, try and compare products to make the right purchasing decision.

Show Opening Times:

Independent Living Scotland is the ideal opportunity to find products for independent living.

You will find daily living equipment and mobility products that will help you or your family.

Can you help us develop disability equality in NHS Lothian?

NHS Lothian involvement event

Wednesday 5 August 2009,
10am – 3.30pm

Royal Infirmary Edinburgh

This event is one of a range of activities to help us develop our new Disability Equality Scheme. The Scheme is a very important document which will set out how we plan to make health services meet the needs of disabled people as much as possible. It will also set out how NHS Lothian can keep improving as an employer of disabled people.

We really need your help, as someone with a disability. We are also interested in the views of carers of disabled people.

The event is free. We can help with organising and paying for transport and other expenses you may have. Lunch and lots of refreshments will be provided on the day.

If you would like to book a place, please contact Kath Dorman-Jackson at NHS Lothian before Friday 24 July on 0131 536 9163, or via email at katherine.dorman-jackson@nhslothian.scot.nhs.uk.

What we will talk about:

Morning session:

- An introduction to NHS Lothian and the Disability Equality Duty

- How NHS Lothian might measure progress towards disability equality: discussion and workshops



Lunch:

Afternoon session:

- How NHS Lothian might develop so that it can meet the needs of disabled people: workshops
- What NHS Lothian's Disability Equality Scheme might look like
- Summing up and thanks

Local Area Co-ordinators

Change of contact details, the new E-mail address is midlothianlac@enable.org.uk

Multiple sclerosis Living positively

Multiple sclerosis is a chronic, disabling neurodegenerative disease. It strikes most often during early adulthood, and is a common neurological disorder among young adults and was thought to affect about twice as many women as men. It is thought that between 85 and 100 thousand people in the UK - about 1 in 600 Have Multiple sclerosis

Factors associated with Multiple sclerosis may be more likely to occur in Northern Europe, Canada, the Northern States of the USA, New Zealand and Tasmania since these are the places where the incidence of MS is highest. MS is not contagious - you cannot catch it from someone. No one knows what causes Multiple sclerosis despite vast amounts of research which is still going on. Various factors may trigger an inborn susceptibility to Multiple sclerosis. Such factors may cause inappropriate activity of the immune system, the body's defence mechanism, causing the destruction of myelin.

In order to understand Multiple Sclerosis and the role Myelin has to play in this disease, some basic facts about the nervous system in the body need to be addressed. The body's nervous system is made up of two main components: the Central Nervous System and the Peripheral Nervous System. Together, these two systems interact to carry and receive signals that are responsible for nearly every function within the body, including involuntary functions, those a person does not have to consciously think about, such as the beating of the heart or breathing, and voluntary functions such as walking or using your fingers on a computer keyboard to read and scroll up and down this page, which to some extent are consciously thought about. Myelin consists of a protective sheath of many different molecules that include both

lipids (fatty molecules) and proteins. The protective sheath acts in a very similar way to that of the protective insulation that surrounds an electric wire; that is, it is necessary for the rapid transmission of electrical signals between Neurons. It does this by containing the electrical molecules within the Axon so that they are all properly transmitted to the next Neuron.

With the protective Myelin coat, Neurons can transmit signals at speeds up to 60 meters per second. When the coat is damaged, as with Multiple Sclerosis, the maximum speed can decrease by ten-fold or more, since some of the signal is lost during transmission. This decrease in speed of signal transmission leads to significant disruption in the proper functioning of the nervous system.

So what can someone with Multiple sclerosis do to slow down the progression of the disease. It is thought within the medical profession that diets play a large part in the slowing down the disease. There are many diets around but for people that suffer from Multiple sclerosis there are two to be taken seriously. First the Best Bet Diet, it makes its argument by stating that a diet all animal fats such as milk and cheese and replace them with substitute, only to eat gluten free products, avoid pulses like peas and beans but eat leafy vegetables and avoid sugar where possible for more information on this diet go to www.msra.co.uk there are even recipes on this site. The second diet is the Swank diet, it is similar to the best bet diet except that everything is weighed and you are limited to a daily intake that alternates from one year to another it also spells out which brands it is best to avoid. For more information on this diet please visit www.swankmsdiet.org



Walkie Talkies

The Midlothian Walkie Talkies group recent walk at Preston Mill.



We had a lovely time walking in East Linton recently. It was a beautiful sunny day. We walked around the woods and pond where the rhododendrons and the bluebells were in full bloom and finished our walk at Preston mill where we enjoyed sitting at the picnic tables to devour our packed lunches.

We had our usual chat and lots of laughs before we returned back to Dalkeith.

We all agree that walking and talking is by far the best medicine ever.

For more information about the Midlothian Walkie Talkie group please phone: 0131-454-1785

Disabled World

The Disabled World web site, based in Montreal Canada, was launched in May 2004 to provide a much needed international online community for people with disabilities. This web site has lots of information someuseful some not.

www.disabled-world.com

Easy Does Group

The Easy Does it Group had a lovely time when they met up at Dalkeith country Park for lunch on Tues. 16th June. A relaxed lunch sitting outside soaking up the warm sunshine having a catch up chat and as usual lots of laughs.



The group are having a break just now, to spin out the funding to keep us going to the end of the year and will restart in August when we will have sessions of; Dance with attitude, Card Making, Relaxation therapy, Tia Chi etc.; and a social outing to the Sun Inn for lunch.

All group members will have the next sessions programme sent to them once Catherine gets back from her holiday.

I hope to hear from the Freemasons regarding parking in their car park soon.

I have managed to get the skip removed from the designated disabled bay at the front of the Red Cross building which will make life just a little bit easier for some of us. One up to sheer dog-gone determination.

We look forward to seeing you all again in August when we start again.

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@mvacvs.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.