

FORWARD MIDLOTHIAN DISABLED PEOPLE



EQUAL CITIZENSHIP

Making it happen working together to allow disabled people to have equality of opportunity at home and work, in education and in the social life of the community.

**11.00am – 2pm on Friday 30th Thursday
April 2010**

**The Croft Suite, Loanhead Miners' Welfare,
Loanhead**

- Do you want a good quality of life for disabled people in Midlothian?
- Do you believe that disabled people should feel in control of their own life choices
- Do you believe in an active and healthy life for all, a life where people can flourish and grow

The Midlothian Joint Physical Disability Strategy aims to have a positive impact on all of the above.

This is a joint event where local people, Midlothian Council and NHS Lothian will share ideas and discuss the Midlothian Strategy for Disabled People's Services.

We also hope that you will hear and share examples of good practice, find out more about what services are available to disabled people in Midlothian, have some lunch with us and hopefully feel more positive about living in Midlothian as an equal citizen.

This day aims to give you the opportunity to -

- Learn about services available in Midlothian for Disabled People.



- Become an active participant in improving the lives of disabled people in Midlothian.
- Try Workshops and groups where people can discuss ideas
- Have some Lunch with others and discuss your views on the way ahead for Disabled people in Midlothian

The Midlothian Complex and Physical Disability

- Lothian Centre for Inclusive Living
- Fire service
- Direct Payments
- Community health Rehab team
- Employment Options and support
- Leisure and recreation
- Local Area Coordination
- Equipment store
- Forward Mid
- Midlothian Access Panel
- Housing
- Telecare

Strategy is based on the core principles of choice, control, freedom and dignity, and that disabled people across Scotland will have equality of opportunity at home and work, in education and in the social life of the community".

If you want to know more call Eric on 0131 663 9471 or Anthea on 0131 271 3670
Support and assistance with transport will be provided.

Toilets for Everyone

There are lots of toilets designed for disabled by people that think all disabled needs are the same. But these toilets are not right for up to 250,000 disabled people living in Scotland.

Most toilets are too small and do not have the special equipment that people with profound disabilities need. Most disabled toilets contain other equipment such as child changing platforms and an assortment of disposal buckets that make using the disabled toilet facilities extremely difficult. Entry to disabled toilets for wheelchair users can also prove difficult having to move forward to open the door, then make 180 degree turn and manoeuvre in backwards to close the door behind them.

In March 2009 the British Standard 8300 was launched. For the first time design details were included for changing place toilets. Advice was included on what should be included in the provision of such toilet facilities and how it should be made secure and safe.



BS8300 recommends that a changing places toilet should be provided in larger buildings and complexes such as;

- ★ Major transport hubs such as railways, airports and bus stations.
- ★ Motorway services
- ★ Sports and leisure facilities including large hotels.
- ★ Cultural centres such as museums and concert halls
- ★ Shopping centres and shop mobility centres.
- ★ Key buildings within town centres
- ★ Educational establishments and health facilities

PAMIS - In partnership with people with profound learning disabilities and their carers, PAMIS are running a campaign to petition local authorities to use British Standard 8300 and build at least one changing places toilet in each town centre with a population greater than 15,00 people.

Do live near a changing places toilet:

Find out here;

- 1) Braehead Shopping Centre
Kings Inch Road Glasgow, G51 4BN Tel: 0141 885 4600

- 2) Fisherrow Harbour
Musselburgh East Lothian , EH21
- 3) PAMIS
Springfield House, 15/16 Springfield University of Dundee Dundee, DD1 4JE
- 4) The Fingal Centre
Portree High School Viewfield Road Portree, Isle of Skye, IV51 9ET Tel: 01478 614810/614819
- 5) The Murray Owen Centre
1 Liddell Grove The Murray East Kilbride, G75 9AD
- 6) The Play Drome
2 Abbotsford Road Clydebank Glasgow, G81 1PA
- 7) Tryst Sports Complex
Tryst Walk, Town Centre Cumbernauld North Lanarkshire, G67 1EW
- 8) University of Dundee
Dallhouse Building Old hawkhill Dundee, DD1 4HN Tel: 01382 381313
- 9) Windmill gardens
Broughty Ferry Beach Dundee, DD5 2EL
- 10) Wishaw Library
Kenilworth Avenue Wishaw North Lanarkshire, ML2
- 11) South Lanarkshire Lifestyles Community Leisure Centre
Glenside Drive Eastfield Rutherglen, G73 3LH
- 12) Shotts Community Centre
Kirk Road Shotts North Lanarkshire, ML7 5ET
- 13) Pivot Community Education Centre
Glenmanor Road Moodiesburn North Lanarkshire, G69
- 14) Kincorth Sports Centre
Corthan Crescent Aberdeen, AB12 5BB Tel: 01224 879759
- 15) The Scottish Parliament
Edinburgh, EH99 1SP

Pamis surveyed all 32 local authorities in Scotland. Only 10 knew about changing places toilets in their area, few had carried out equality impact assessment or thought about what duties are under the Disability Discrimination Act

For more information about this subject please get in touch with changing places through their web site at <http://www.changing-places.org/> or For all enquiries in Scotland contact Telephone: 01382 385 154 Email: PamisChangingPlaces@dundee.ac.uk

Independent in the home

Being disabled and independent in your own home can be difficult. Fatigue, pain, loss of strength, dexterity and mobility can all be limiting factors in performing normal everyday tasks.

On a good day I struggle to open doors that are heavily. On a bad day, there is no way I can manage this on my own.

Some household tasks can prove so difficult that they just don't get done.

I have just been assessed by the Midlothian Occupational Therapy Team and they have shown me that there is more than one way to do things and that organisation is the key skill in making things easier. In the kitchen I have discovered a number of ways to make things easier.



- Use a small handheld food processor to chop and mix food.
- If you need to use a chopping board use a non-slip lightweight one with an angled knife that is comfortable in your hand.
- Use a perforated spoon to lift food out of boiling water.
- Invest in a 1 cup kettle that only boils 1 cup of water at a time.
- A rubber mat is useful to hold items when you are opening them.
- Run the tops of jars under hot water and they will come off easier.
- I use heavyweight cutlery because I find lightweight knives and forks difficult to use as I cannot apply enough pressure on them.

Of course, you can use your own ingenuity to solve some problems. I bought an old can opener and a long handled lock wrench from a market. I broke the handle on the can opener and attached the wrench to it. Now I have a can opener that is so much easier to use and is a lot cheaper than an electric one.

An excellent resource is the Lothian Disabled



Living Centre. They provide a specialist information service, delivered by professional staff, on products and equipment to assist disabled people. They have a permanent exhibition of products which gives people the opportunity to see and try products and equipment varying from can openers to reclining chairs, from cutlery to hoists. The staff here will give impartial guidance and advice to disabled people on what will suit them best.

The centre can also provide information on access, design and equipment which would also be useful to carers, older people healthcare workers and students.

As this is a one to one service you must contact the Centre to arrange an appointment.

Here are their details.

Lothian Disabled Living Centre

•Address:

Smart Centre

Astley Ainslie Hospital

Grange Loan

EDINBURGH

Scotland

EH9 2HL

• Telephone:0131 537 9190

• Textphone:0131 537 9190

• Fax:0131 537 9200

• E-mail: Lothian.dlc@nhslothian.scot.nhs.uk

• Contact: Lorna MacGregor

• Opening Times:

Monday: 08.30-16.30

Tuesday: 08.30-16.30

Wednesday: 08.30-16.30

Thursday: 08.30-16.30

Friday: 08.30-16.30

Saturday: CLOSED

Sunday: CLOSED



If you have any tips on how to make everyday tasks easier please contact us at the normal address.

Human Rights & Health: making the connections

This is a Conference to focus on what we can all do to promote and support the human rights of people using health services in Scotland. Respecting and delivering the human right to 'enjoy the highest attainable standard of physical and mental health' can be a challenge - from service design to frontline delivery.

The conference will be held on 13th April 2010 at the Long Term Conditions Alliance Scotland (LTCAS) Hub, Venlaw Building, 349 Bath Street, Glasgow G2 4AA.

for more information please contact
Email: mail@vhscotland.org.uk

Royal Infirmary Edinburgh failing disabled people



Disabled people with cars are being neglected by the Royal infirmary, Edinburgh.

There are 16 parking bays for disabled people outside the Outpatients Department, all of which fall short of the dimensions set by the Department of Transport, but their use cannot be enforced as they are for guidance only. The other 61 disabled car parking bays in the Royal infirmary car parks are not in fact disabled bays but easy access bays which are not monitored. These car parks are managed by Meteor Car Parks (41-51 Grey Street, Newcastle upon Tyne, NE1 6EE).

The machine they have installed to pay for parking in these Meteor car parks are situated at the entrance to the main hospital and not at

the outpatient department. Why are they not placed at the the Outpatient Departments? As a wheelchair user I would also like to know why they are called 'easy access bays' as there are only two points when the kerb is lowered enough to allow wheelchair access to the car park? Not taking into account the spaces I have mentioned this means there are only 9 parking bays for blue badge holders in the whole of the Royal infirmary. If plans to build the new Royal Hospital for Sick Children in the area which is now Car Park B go-ahead, a further 700 parking bays will be lost.

I have complained about the lack of designated bays for blue badge holders but have yet to receive a satisfactory response. Their reply is that they are waiting until more is known about the changes at Little France but this does not answer the daily parking problems disabled people are having parking now.

Iain Tait

Braille loosers

The picture below right was taken at a newly opened shopping centre, look carefully and you can see that there is a braille sign and it has a high glaze on the tile and then fired, although there is a braille sign on it people who use braille cannot feel it. With no Tactile bumps this would be meaningless.

This shows the length architects will go too to make it appealing to people with good vision and not think how it affects people with a disability. I find this hilarious and disturbing at the same time, you can't imagine how this happened, here is my suggestion;

Builder: You know we have to put signs on the toilet for the blind people to know that the toilet is here?

Architec: Don't worry I have spoken to the tile company and they assured me they will put a braille sign on the tiles!

Builder: Hope they know what they are doing?

Architec: You worry to much!

Phone call

Builder: These tiles have arrived and there is a fault with them!

Architec: Do they have braille on them?

Builder: Yes. But but!

Architec: Then put them up we are already six weeks late.

Inspection

Architec: Oh my god, how did this happen?

Builder: I tried to tell you!



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.