

# Adapt (North East) News September 2011



## AGM

We are very happy to invite all our members to this year's AGM on **Wednesday 21st September at 11.30 a.m.** at Hexham Auction Mart.

Business will last for an hour and will be followed by a buffet lunch.

Please let us know if you plan to attend so that we have an idea of numbers for lunch. You can either return the enclosed form or call us on 01434 600599, or e-mail us at: [generaloffice@adapt-tynedale.co.uk](mailto:generaloffice@adapt-tynedale.co.uk)

We will have a speaker on the legal implications of disability benefit changes.

Hexham Mart has good parking facilities; however, if you would like to come to the AGM but will have difficulty getting there, please ring us on the number above.

If you can't make the AGM but would like a copy of the Annual Report, please contact us as above and we can post or e-mail one to you.

**Liz Prudhoe, General Manager**



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## Working with all the community



have  
your  
say

**NORTHUMBERLAND  
LINK**

The Northumberland LINK is the place where everyone can have their say on health and social care services. Made up of local people and community groups and organisations, it aims to improve health and social care services in local communities.

Joining the LINK gives people the chance to share their thoughts, experiences, ideas and concerns, and ensures that people in Northumberland receive the health and social care services they want.

Recently, people have been telling us about:

- . Problems accessing emergency out of hours dental treatment
- The need for better monitoring and standards of care for the elderly and severely infirm in hospitals
- . Difficulties accessing GP appointments
- . The expense and lack of spaces to park at hospitals

Have you had similar experiences? Why not share them with the LINK?

### **Monthly open meetings replace area group meetings**

The Northumberland LINK is now holding monthly open meetings around the county to provide the opportunity for people to learn more about it and to raise any health and social care issues. Forthcoming meetings are:

Wednesday 14th September from 7-9 p.m.  
at St. Margaret's Church Hall, Longhirst Road, Pegswood

Wednesday 12th October from 1-3 p.m. (lunch included)  
at the Maltings, Berwick upon Tweed

(Please contact us to confirm attendance.)

**The Northumberland LINK Annual Report 2010-11** is now available as a hard copy or downloadable from our website.

**Contact us:**

[www.northumberlandlink.org.uk](http://www.northumberlandlink.org.uk)  
E-mail: [info@northumberlandlink.org.uk](mailto:info@northumberlandlink.org.uk)  
Tel: 01434 600599 or visit our Facebook page

# Project News



## Thursday Lunch and Activity Group in Hexham



A lunch group has been running in Hexham on Thursdays since June, providing a two course lunch (with menu choice) along with an entertainment activity such as live music, crafts or games, and has proved a great success.

If you live in the Hexham area and would be interested in joining, the lunch group meets at the Tynedale Centre between 11 a.m. and 1.30 p.m. and costs £10. Any transport needed to and from the group will cost an additional £2. Please ring Jane Coulson on 01434 600599 if you would like more details.

The lunch group has been developed by Adapt in partnership with Northumberland Care Trust and the Tynedale Centre following the closure of the Red Cross lunch service locally.



## connect4change — Voluntary and Community Sector Support Services

connect4change is a partnership made up of three organisations based and working in Northumberland which has been awarded the Northumberland Voluntary and Community Support Service commission from October 2011 to March 2014.

The partner organisations are VoiCes as the lead agency, with Adapt (NE) and Social Regeneration Consultants. Northumberland County Council had decided to commission one strategic partner to co-ordinate delivery of support to the not-for-profit, charity and profit organisations that make up Northumberland's voluntary and community sector (VCS).

**connect4change has two key functions:**

- ◆ A strategic role working with and for the VCS to ensure that it has both a voice and the influence to bring about change where necessary
- ◆ A support function to provide practical help, advice, information and learning to the VCS.

In practice, it will provide one point for advice, information and signposting for groups in the sector via a central phone number and website. It will commission services from a range of providers to deliver specific activities and will establish community hubs based at existing organisations for face-to-face contact. The partnership will also establish an assembly as a new voice for the sector.

# Transport News



## New Home-to-School Routes

Following the latest round of tenders for special educational needs home-to-school transport routes across Northumberland, we are delighted to have secured four:

- Belsay/Ponteland to Priory School in Hexham
- Haltwhistle to Priory School in Hexham
- Hexham area to Priory School in Hexham
- Berwick area to The Grove School in Berwick.

We are very pleased to be delivering a home-to-school route in the Berwick area and we look forward to developing Dial-a-Ride services there too.



This service is still running and will be continuing into 2012. Green Light to Work helps unemployed people living in Northumberland who have secured a job or training offer but who cannot take it up because they don't have their own vehicle and there is no public transport to get them there. Vehicles can be loaned to eligible applicants for an affordable fee (£15 per week for scooters and £25 per week for cars). The project also gives advice on transport planning.

**To find out more, or register:** Visit website: [www.greenlighttowork.org](http://www.greenlighttowork.org)  
Call: 0845 388 0042  
E-mail: [info@greenlighttowork.org](mailto:info@greenlighttowork.org)

## Trips feedback



We recently ran a second series of trips out and would like to get some feedback from members who took part. We will shortly be phoning those who went on recent trips to ask some brief questions about how the trip went. We hope you will be happy to give us your views so we can develop ways of co-ordinating more trips in the near future.



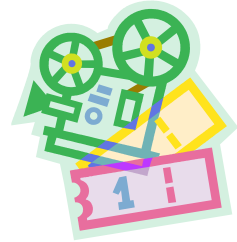
## Other Organisations



### Cinema card for those supporting someone

Staff or family members can get in to the cinema free when supporting someone who is on DLA or Attendance Allowance by using a CEA card.

Applying for a card costs £5.50 and it can be used at participating cinemas nationally and locally, including the Empire at The Gate in Newcastle, the Odeon at Silverlink and the Metrocentre, and the Tyneside Cinema.



For terms and conditions and an application form, you can either:

- download them from the website [www.ceacard.co.uk](http://www.ceacard.co.uk)
- ring us on 01434 600599 and we can post them out to you,
- e-mail us at [generaloffice@adapt-tynedale.co.uk](mailto:generaloffice@adapt-tynedale.co.uk) and we'll e-mail them to you.

### Think Pharmacy First

Sometimes when you or your family are unwell, you may not need to make an appointment to see your GP. As well as free medical advice, your local community pharmacy can now also provide free medication for some illnesses and minor ailments under a scheme called *Think Pharmacy First*.

*Think Pharmacy First* allows people who receive free prescriptions to go straight to their pharmacist to receive treatment without needing to visit their GP to get a prescription first.

The scheme is available to adults who are entitled to free prescriptions on the grounds of low income, and their children, along with all people aged 60 or over.



To use the scheme, you can go to any pharmacy across Northumberland displaying a Think Pharmacy First window banner or door sticker.

## Other Organisations



### ***Your M&S* available on CD**

Marks and Spencer's magazine *Your M&S* is now available on CD.

The magazine comes out every two months and the RNIB have helped Marks & Spencer produce a CD version for those with a visual impairment.

You can register to receive the CD by ringing Marks and Spencer customer services on 0845 302 1234 or by going to their website:

[www.marksandspencer.com/audiomag](http://www.marksandspencer.com/audiomag)

### **Donate your old mobile phones and printer cartridges**

The National Rheumatoid Arthritis Society in Hexham is appealing for old mobile phones and printer ink cartridges to help raise funds.



If you would like to donate you can collect freepost envelopes from the Hexham Courant offices in Beaumont Street or call Tracy Hancock on 01628 823524.

### **Has your disabled person's concessionary bus pass been disputed?**

A recent item confirmed that disabled person's concessionary bus passes (with a yellow stripe down the side) are valid for all bus journeys starting in Northumberland all day, every day. The County Council is very keen to trace any drivers who are disputing this or even charging people when they should not, and also to ensure that anyone who is charged wrongly should be refunded. Therefore, if you have a pass of this kind and are challenged or made to pay, please keep the ticket and send it straight away with your name and address to the following address:

Ian Coe  
Passenger Transport Support Manager  
Northumberland County Council  
County Hall  
Morpeth  
Northumberland NE61 2EF

This will enable the driver to be identified and informed again of the correct procedure, and the bus company will also refund any fare you had to pay.

# Other Organisations



## Bowel cancer screening

"You may think it's a bit yucky, but 'screening your poo' could save your life" is the message given by a north east bowel cancer screening campaign. Teams from NHS primary care trusts are distributing information to encourage more people to 'screen their poo' when they receive an invitation to do so from age 60 onwards.

Just over half the over-60s in the north east who are sent the screening kits every two years, use them. The kit is used to collect small samples at home which are then sent to a laboratory for testing in a hygienically sealed, prepaid envelope.

People may well have no symptoms at all in the early stages of bowel cancer, so screening may give the first indication that something is wrong and can help pick up the disease at an early stage when it's easier to treat. If bowel cancer is diagnosed in its earliest stages, the chances of surviving for a further five years is 90%, and a complete cure is usually possible.

- Bowel cancer is the third most common cancer in the UK.
- More than 38,000 people are diagnosed with it every year.
- In England, men and women are offered bowel screening every two years from age 60 to 74.
- As with most cancers, the risk of bowel cancer increases with age.
- More than eight out of 10 cases are in people over 60.
- It can be treated using a combination of surgery, chemotherapy, radiotherapy and, in some cases, biological therapy.
- Around a third of cases are linked to a strong family history of the disease.
- Around two-thirds of cases could be prevented by lifestyle changes.

## Cancer screening generally

Be Clear on Cancer is an awareness campaign run by the NHS to help more men and women in the north east spot the symptoms of cancer. The campaign focuses on the three most common cancers in the UK - breast, bowel and lung cancer. As well as raising awareness of the symptoms, it aims to increase understanding that the disease is more likely to be treatable the earlier it is diagnosed. Further information is available at website [www.beclearoncancer.co.uk](http://www.beclearoncancer.co.uk)

# Membership



Thanks to all of you who completed the questionnaire on the back of 2011's membership form. It is very useful for us to have feedback so we know how our members view our current services and to guide what we need to concentrate on in terms of future development as a User-Led Organisation.

Overall:

- 92% of those who used Dial-a-Rides rated the service as very good.
- 70% of those who hired buses rated the service as very good
- 76% of those who went on our organised trips rated the service as very good.

Respondents told us about services they wishes to see developed, many of which were more and varied Dial-a-Rides and better transport provision in rural areas.

Demand for outings to shopping venues, garden centres and stately homes is noted! (and to a lesser degree the coast, Scotland and the Sage). We have been trying different ways of organising trips out to make sure as many people as possible have a choice of destinations. Please have a look at page 4 if you recently took part in an organised trip – we will ring shortly to hear your views .

We invited your comments and tried to address any areas in which you reported problem directly; however the overwhelming response was very positive indeed. We appreciate receiving your views and welcome feedback at all times.

## Adapt (North East)

Bluebird House, Haugh Lane Industrial Estate, Hexham, NE46 3PU

Telephone 01434 600599

Email: [generaloffice@adapt-tyndale.org.uk](mailto:generaloffice@adapt-tyndale.org.uk)

Website: [www.adapt-ne.org.uk](http://www.adapt-ne.org.uk)

### Opening hours

General office: Monday to Friday 9.00 a.m. – 5.00 p.m.

Transport office: Mon to Fri: 9.00 a.m. – 4.00 p.m.

Community  
Legal Service



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