

Adapt (North East)

News MAY 2010



I am very sad to have to tell you that Henry Straker MBE, our Patron since 1997, died earlier this month.

Henry was very committed to Adapt and dedicated to the concept of equality. As someone who lived with MS for a long time, he knew the importance of accessible transport in being able to get out and live life. Not only did he help us fundraise for our first two accessible minibuses; Henry was always very generous with his time.

Henry had many valuable skills and qualities which he was happy to use to support Adapt throughout all its stages of development, saying in last year's annual report, "Watching it grow and expand into such an enormous success within the community has been very rewarding". Pat Maginn, Adapt's chair, said, "I am sure I speak for the Board and all the staff who knew him that it was a privilege".

Liz Prudhoe
General Manager

In this issue

Project news: Northumberland Disability and Deaf Network report/launch and Safer Driving for Life courses.

Transport news: It's official — Adapt is the best provider of community transport in a rural area! See our article on the CTA's award inside. Also, Green Light to Work, trips out and new Dial-a-Ride services in Prudhoe and Ponteland.

Other organisations: Self-directed support and personal budgets, what to do if you have mortgage difficulties, Cricket Family Fun Day, free personal development course, the Metro Centre's Shopmobility scheme, NCL Open Days for disabled people and the Northumberland Home Improvement Agency.

AGM: Adapt's AGM on 17th September — see the back page for details.

Working with all the community



Northumberland Disability and Deaf Network



NDDN is currently recruiting members throughout Northumberland. Our steering group meets every two months and is planning to formally launch the Network in June/July (we'll post the date on our website).

Recently, the Network was commissioned by the North East Empowerment Partnership (NEEP) to carry out some consultation work about how public bodies can better engage with disabled and deaf people. It produced a report entitled *Effective Engagement with Disabled and Deaf People* which concluded that:

- Education and socio-economic grouping is relevant with disabled and deaf people as it informs their opinions and gives a greater perspective of their legal rights.
- The greatest single issue throughout the consultation was the need for staff training. Ill-informed staff, however unintentional, can give disabled and deaf people a feeling of being undervalued.
- In any engagement process, accessible transport and an accessible environment, including access to interpreters, is necessary before discussions can be entered into.
- Whilst it is necessary to engage with disability and deaf networks and organisations, it must not be forgotten that many disabled and deaf people live in the community as individuals, and every effort must be made to contact these people if necessary.
- Some people who have disabilities involving communication difficulties may require more encouragement and time to develop and put forward their ideas and views.

The report has been forwarded to Northumberland County Council and the Network would like to thank everyone who took the time to complete the questionnaire or who attended one of our focus groups. Their input is very much appreciated. **For a copy of the full report, or to join the Network, please contact Liz Prudhoe at Adapt on 01434 600599 or e-mail: lizp@adapt-tynedale.org.uk**

Safer driving for life courses

Adapt will be running more courses to help older drivers maintain and refresh their driving skills. There is no upper age limit as the courses are about awareness, improvement and maintaining confidence in driving. If you would be interested in coming along to a course (3 hours class-based and one hour car-based practical support) please ring Kat in the general office on 01434 600599 to leave your details.



Adapt (NE) wins transport award

As part of the Community Transport Association's Access10 event which focuses on accessible transport, General Manager Liz Prudhoe and Transport Manager Mike Beaty were delighted to be presented with the **Evobus Best Rural Community Transport Award 2010** on behalf of Adapt's transport team (pictured left).

At the Awards Dinner held at the Hilton Hotel in Manchester for community, voluntary and local authority fleet operators, Dai Powell, OBE, said, "The CTA annual awards reward absolute excellence, celebrate exceptional performance and recognise the outstanding achievements of volunteers, trustees, staff, communities and partner organisations. Of course, thousands of people who use community transport each day value the service but winning an award tells outstanding performers that their hard work is acknowledged by their peers and by all of us at the CTA".



Steve Harper was happy to help

Rachel Gray, an RNLI Amble volunteer, has been able to take up employment thanks to a Green Light to Work scooter loan. The Pegasus Centre in Tranwell, which offers riding facilities for people of all abilities, were happy to give Rachel a job but she would have had to rely on lifts from other people to get there. Extra funding for cars and scooters in the Northumberland Coast and Lowland areas enabled Adapt to provide Rachel with a scooter — and Newcastle United goalkeeper Steve Harper offered to meet up with Rachel to hand over the keys!

Green Light to Work helps people who are seeking employment or training but who have problems with transport to and from.

For more information or to register visit the website:

www.greenlighttowork.org or e-mail: info@greenlighttowork.org or call us on 0845 3880042.



Transport News



Trips out

25th June	Royal Quays	(book by 16th June)
30th July	Gretna Gateway	(book by 21st July)
6th August	Boundary Mills	(book by 28th July)
13th August	Talkin Tarn	(book by 4th August)
20th August	Dobbies Garden Centre	(book by 11th August)
27th August	Morpeth Shopping Centre	(book by 18th August)
17th September	Washington Galleries	(book by 8th September)



All trips cost £8 per head — please call Ina on our Transport team on 01434 606156 to book a place.

New Dial-a-Ride services

We now have a Dial-a-Ride running from **Prudhoe to Hexham** on Tuesdays and also one round the **Prudhoe** area on Fridays.



The **Slaggyford** Dial-a-Ride has proved very popular and we will be adding a further day (currently being decided) to this service. A **Ponteland** Dial-a-Ride service will also be starting shortly; we're currently looking at which day will be most suitable. If you are interested in either, please contact our Transport team on 01434 606156 for more information.

Services now running are:

Mondays:	Bellingham — Kielder	Slaggyford — Hexham
Tuesdays:	Blanchland — Hexham	Prudhoe — Hexham
Wednesdays:	Allendale — Hexham	Redesmouth — Hexham
	Horsley — Kingston Park	
Thursdays:	Bellingham — Kielder	Castle Morpeth — Morpeth
Fridays:	Corbridge — Hexham	Hexhamshire — Hexham
	Prudhoe local area	

Dial-A-Ride works by booking your seat in advance — just ring our Transport team on 01434 606156 the previous working day before you wish to travel.

Other Organisations



Self-Directed Support and Personal Budgets

A self-directed support service which uses personal budgets is now being offered to people who already use adult social care services in Northumberland (having been introduced to people new to adult services since last November).

Self-directed support aims to put people at the heart of decisions about how they live their own lives. A personal budget is a sum of money that an individual uses to pay for the support services they need, following an assessment of those needs. A support plan will detail how the money will be made available (this is not always in the form of a direct payment, though this is one option) and how it should be spent.

People can spend their personal budgets on e.g. employing their own personal assistants, arranging transport, using community resources such as leisure centres, libraries, cafés, art centres and cinemas, or buying 'traditional' social care and support services such as meals services, home care and day activities.

Two booklets are available:

- Self-directed support and personal budgets—a guide for individuals and their families about a new way to organise your support.
- Self-directed support and personal budgets—an easy read guide for individuals and their families about a new way to organise your support.

You can view or download these (and other publications) or learn more about self-directed support and events at the Northumberland Care Trust's website:

www.northumberlandcaretrust.nhs.uk/puttingpeoplefirst

or telephone their Transformation team on 01670 394417
or e-mail them at: ppf@northumberlandcaretrust.nhs.uk

A personal budgets DVD aimed at practitioners supporting people is also available.

Northumberland Community Transport Solutions is to help people who use personal budgets to get out into their community. Northumberland Care Trust's support-planning staff contact Adapt on an individual's behalf for advice on what door-to-door transport is available to a chosen destination. Special arrangements can be made to suit individual requirements such as use of a wheelchair or walking aids. This service links personal budget holders with the services they need.

Other Organisations



Are you having difficulties with your mortgage or find you're behind with payments?

A government website advises that it's never too late to take control and many people have already received help and advice with paying their mortgage. For information on your options and to find out who you can talk to, visit www.direct.gov.uk/mortgagehelp or ring 0845 6006400 for your local Housing Options team.

Cricket Family Fun Day

Durham County Cricket Club is holding a free cricket family fun day at its Riverside ground in Durham on Sunday 4th July, from 11.30 until 3, for disabled children and adults and their families and friends. You can also sign up to participate in 6 weeks of free inclusive cricket coaching. More details are available from Ron Young on 0191 3872868.

Free Personal Development course

Free Personal Development Programme sessions to be held at Disability North in Newcastle aim to help people aged 18+ who have disabilities enhance their prospects and realise their employment potential. Designed to be flexible, informal and relaxed, the course will cover crucial skills needed by all employers, looking at:

- personal profile building
- communication skills
- confidence and motivation
- job search techniques
- CV writing
- interview skills
- team working skills
- action planning for progression



with career and employment advice available.

Associated costs such as meals and travel are covered by the programme (this will not affect any existing benefits). The course will be run 2 days per week for 4 weeks, between 9.30 and 3.30, with the first programme date under discussion.

For more information, please contact Andrew Wildish at Finchale Training College on 0191 386 2634 ext 261 or e-mail him at: andrew.wildish@finchalecollege.co.uk

Other Organisations



Shopmobility at the Metro Centre

If you're planning a shopping trip to the Metro Centre and would like to use equipment such as a motorised scooter, you can become a member of their Shopmobility scheme for £3 per year – call **0191 493 2386** to get a membership form. (You will need to provide copies of two proofs of identity, one showing your address, and two passport-sized photographs.)

The Shopmobility service is available on the 3rd level of the blue multi-storey car park, with 20 electric scooters, 50 wheelchairs and 24 parking bays available for use. Shopmobility is open during store opening hours which are:

10 am. until 10 pm. on weekdays
9 am. until 7 pm. on Saturdays
11 am until 5 pm on Sundays



Wheelchair hire is free of charge to all members but requires a returnable deposit of £10 with identification (or £20 without identification).

Mobility scooter hire costs £1.00 for half day hire or £2.00 for full day hire (on top of the yearly membership fee).

Weekday half-day times 10 am - 2.45 pm/3 - 8.45 pm (All day 10 am - 8.45 pm)

Saturday half-day times 9 am - 1.45 pm/2 - 6.45 pm (All day 9 am - 6.45 pm)

Sunday half-day times 10.30 am - 1.30 pm/1.45 - 4.45 pm (All day 10.30 am - 4.45 pm)



North Country Leisure Open Days for disabled people

NCL are running tours at 10 am, 12 midday and 2 pm at three leisure venues so that people who have disabilities can look at the equipment and facilities and have a free swim afterwards. Accessibility guides will be available and anyone who needs accessible transport to get to their local venue can call Adapt's Transport team on 01434 60615. Venues are:

Wentworth Leisure Centre, Hexham on 15th June

Willowburn Sports & Leisure Centre, Alnwick on 15th June

Prudhoe Waterworld on 16th June

Northumberland Home Improvement Agency will provide comprehensive advice and assistance to help older, disabled and other vulnerable people to remain, safe, warm, secure and independent in well-maintained and adapted homes. They will support any older, disabled or vulnerable person in West/North Northumberland by:

- carrying out benefit assessments, energy efficient checks and finding resources
- assisting people to participate in their chosen activity or to get involved with their local community or re-connect with family and friends
- providing contact details and making ongoing referrals for additional service such as handymen, support for carers, energy efficient schemes and telecare systems
- giving housing options advice and advice on securing your home and feeling safe

For more information, please contact Theresa Cameron at Northumberland Home Improvement Agency on 01670 840469 or e-mail her at: nhia@dsl.pipex.com or see the NHIA's website www.northumberlandhia.org.uk

Annual General Meeting



We will be holding our AGM in September this year, so please put

Friday 17th September, 11 a.m.

Hexham Auction Mart

in your diary if you would like to join us.

We hope to have a speaker on the Single Equality Bill and will hold a buffet lunch following the meeting.

All our members are very welcome to attend.

(If anyone would like to attend but has difficulties with transport, please ring Kat in the general office on 01434 600599.)

Adapt (North East)

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

General office phone: 01434 600599 Transport office phone: 01434 606156

Email: generaloffice@adapt-tyndale.org.uk

Website: 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: 9.30 a.m. — 2.30 p.m.

Registered Charity number 1072632 Company Limited by Guarantee number 3604980

