



October 2007

The Mole

News and information for disabled people in Lambeth

INSIDE THIS ISSUE ...

There's lots to talk about in the Mole this month. Since our last issue, following the very effective campaign organised by Lambeth SOS, Lambeth

Council has decided not to restrict eligibility for adult community care services in the lifetime of this administration. However, it has introduced massive increases in charges and the cuts in the funding of many local voluntary organisations are beginning to bite. More coverage inside.

NEWS AND FEATURES ON SPORT AND LEISURE FOR DISABLED PEOPLE

The Lambeth SOS march sets off to the Council's Cabinet meeting on 30th July



There are, though, positive developments in sport and leisure and we highlight some of these on pages 6 -10.

Tell Lambeth Council how you think it should spend its money in 2008/2009. The Budget consultation continues in October and November and disabled people must use their voice to say what they think the priorities should be — more details on page 5

Visit DASL's new website at www.disabilitylambeth.org.uk for news, views and information

New Information Worker

DASL website



Hello,
My name is Steve Golding and I am glad to succeed Louise Holden as the new Information

Worker with responsibility for the Advice and Information Line 020 7738 5656, 10.00 to 13.00, Monday to Friday. I do not usually work Fridays but a colleague will cover and you may leave voicemail.

I am sorry that you have been deprived of an edition of The Mole for several months but, as the new editor, I intend to resume publishing The Mole bi-monthly and welcome your views and comments.

I come to DASL from Victim Support where I was Information & Officer Manager and a volunteer for Victim

Supportline, which supports victims of most crimes. I was based just down the Brixton Road from DASL's offices.

I look forward to being of service to many of you over the coming months.

DASL Website

Launched at the end of June, DASL's new website is already



winning compliments and proving itself a vital part of our service. At a time when disability issues are to the fore [not always for positive reasons], we want our website to be the place that local disabled people turn to first for news and information and to share views and comments through our 'Have your say' discussion forum. Visit the DASL website at : www.disabilitylambeth.org.uk and let us know what you think.

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Direct Payments Support Service

We are still waiting to hear whether DASL has been successful in re-tendering for Lambeth Council's Direct Payments Support Service contract. Although this has been a much longer process than we originally expected, we are optimistic that our track record of providing high quality, independent advice and support to our clients since 1999 has given our bid a good chance. We hope to be able to let all our clients know the outcome shortly.

Regardless of these 'minor distractions', the Direct Payments Team have been doing what they do best - working with new and existing clients, supporting them to manage their direct payments and making sure they are aware of all the latest news from the DP world and any changes to legislation that affect them and their employees.

If you are a Direct Payments user you will find some additional information with your copy of The Mole telling you about some recent changes to holiday entitlement for your staff and to the minimum wage. Please do not hesitate to contact us if you need any further advice or support.

I would encourage anyone with access to the internet to take a look at our shiny new website at www.disabilitylambeth.org.uk. It contains lots of information and resources about Direct Payments which, we hope, will provide a welcome, additional form of support to our clients. It also has a message board which gives you the opportunity to share thoughts, ideas and information about any issue, local or national that affects your life. We would like to hear any comments you have about the DP resources on the website and how you think we can make them more relevant to your needs. Please also feel free to let us know if you think everything is fantastic and we shouldn't change a word! We look forward to hearing from you. If you would like to contact the Direct Payments team at DASL, you can do so through the website or by phone on :

Margaret and Kate 020 7642 0041
Lucy and Nick 020 7642 2016.

Margaret Farrell,
Direct Payments
Service Manager



Exciting times ahead as DASL and Age Concern get involved!

The Council & PCT have agreed joint funding until March 2010 for work with people who have physical or sensory disabilities, and with older people.

Having a single user involvement worker will help links between the statutory and voluntary sector, including people using the services, leading to better partnership working.

There will be a clear work plan agreed by all parties and close monitoring. I will work with the Disabilities and the Older Person's Partnership Boards. There will be a focus on training and supporting users to enable them to represent others and take part in meetings. The Older Person's Partnership Board already has user representation from Lambeth Pensioners' Action Group, Lambeth Forum for Older People, Sheltered Housing and the Expert Patients Programme. There is a vacant position that I am working on filling.

I would like to set up a Disability Forum for everyone with a physical or sensory disability. If you want to be part of this, or know someone who



would, please contact me.

There may be an opportunity to extend the Lay Assessors project at Age Concern. This project would use older and disabled people in the community to talk to users of Lambeth Council's services to find out the good, the bad and

the ugly experiences. This face-to-face peer evaluation enables users to talk freely about services and gives the Council a clear picture of where things need to change.

The new format and client group of the project will hopefully lead to closer links with officers from the Council. This will be essential if the project is to develop meaningful and non-tokenistic involvement.

The project will also need commitment and energy from all service users. If you have questions, want to find out more, or volunteer to be involved, then just get in touch.

And finally, I wanted to tell you that after my recent wedding, I have changed my name to Hannah Gordon so my new email is:

hannah.gordon@disabilitylambeth.org.uk

Raising the profile of adult social care in Lambeth

Lambeth SOS's determined campaign to persuade the Council not to introduce major cuts in funding of adult community care services has not achieved all its goals but it has made thousands of people in the borough, including all Lambeth councillors, more aware of the vital importance of services to disabled people and other vulnerable adults. This can only be a good thing and the campaign will continue to bring together service users, carers and voluntary and community organisations to work with the Council to make sure these services are given a very high priority.



Service users will be understandably worried about the increase in charges from £7.55 to £17.50 per hour and the extension of charging to new client groups from last month. The charging system is complex and not all users will be affected by these changes. If you are not getting the

information you need about charges as they affect you, ring the Council's FAST Team on 0800 052 8886. DASL can give you general advice on this issue via our Enquiry Line.

For more details about the changes in charging and about the cuts to voluntary sector organisations working with vulnerable adults please go to the Lambeth SOS website at www.lambethsos.org.uk or contact DASL if you do not have internet access.

SOS Lambeth
STOP CUTS TO SUPPORT FOR VULNERABLE ADULTS

The fight goes on! Stop the cuts!

- 1. Lambeth Council is spending too little on social care for people, those with disabilities, learning disabilities or mental health, and their carers.
- 2. Local authorities will be taken from the personal care services that the City of London has to YOU - Lambeth. And people will not have what they need to live.
- 3. Lambeth Council is getting ahead of its needs as far as the charge for support services is concerned. This means that people may not be able to afford the services they need.
- 4. A total of 255,000 is the total for the Council and other local authorities in the borough. This means that the council is not doing its job to support people who need care.

Council Budget Consultation 2008/09 – get involved !

To attend a public meeting in October or November to tell the Council what you think its spending priorities should be next financial year call 020 7926 0865 or email consultation@lambeth.gov.uk to register your interest. Have your say on what disabled people want from Lambeth Council!

LAMBETH DISABILITY SPORTS PARTNERSHIP :

Lambeth Disability Sports Partnership is an exciting new initiative which is being led by DASL and Lambeth Council Recreation Department. It brings together a wide range of services and organisations which want to increase sport and physical activity opportunities for disabled people.

The Partnership will work across all age groups, from children with disabilities to older people with health problems, and with all types of disability and long-term health conditions including mental ill-health. Our priority is to get more people involved in taking exercise. This could be through activities from walking, cycling and keep-fit to all types of individual and team sport at all levels.



Photos courtesy of the GLA and People First Lambeth

Why is this so important?

Sport and other forms of exercise can help people improve their physical and mental health and well-being. They can also bring new chances to meet people and get involved in volunteering and the life of the community. Disabled people's participation in these activities is significantly lower than that of most other sections of the population. There are many barriers that restrict disabled people's opportunities including inaccessible buildings and facilities, lack of information, lack of support for disabled people to try out new activities, sports clubs which aren't welcoming and poorly trained staff. If we can break down these barriers and provide better and more inclusive services many more disabled people could begin to enjoy the health and social benefits which taking part regularly can bring.

DEVELOPING SPORT & PHYSICAL ACTIVITY FOR DISABLED PEOPLE

Who is involved in the Partnership?

We want the Partnership to involve all types of organisations with an interest in this subject and we also want individual disabled people to be members and actively involved. A Steering Group had been set up to lead the work of the Partnership. This includes representatives of :

- Key Council departments - Recreation & Leisure, Adult Social Services, Children's and Young People's Services, Schools
- Lambeth Primary Care Trust and Lambeth Public Health
- Voluntary groups - DASL, Lambeth Mencap, People First Lambeth, Age Concern Lambeth, Mosaic Clubhouse, Wheels for Wellbeing

We will also be working closely with London Sports Forum for Disabled People which is responsible for supporting the London boroughs to implement the new 'Inclusive and Active' strategy for disability sport and physical activity.



What happens next?

The Partnership is working on some important projects. We are applying for funding for two Disability Sports Officers who will be able to work at grass-roots level to develop and support existing and new services. We want to influence the borough's big providers like Greenwich Leisure [see page 9] and mainstream sports clubs to be more inclusive of disabled people. We will be coordinating information about sport and physical activity opportunities so people can find out more easily what they can do and where they can go to do it.

For more information about the Partnership contact David Strong at DASL on 020 7642 0040 or email david.strong@disabilitylambeth.org.uk

Enjoy the freedom of a bike



Janet is well known to regular readers of The Mole as DASL's Advice Service Manager. She has now left DASL to pursue her own project to get disabled people cycling in Lambeth. The project is called Wheels for Wellbeing (WfW) .

WfW is running the Croydon-based Arena Cycling Projects (see www.cyclingforall.org for more info); and an intensive project for people with mental health problems.

When asked about cycling, Janet says that many people don't think about the freedom that cycling gives or how it is a relatively cheap form of transport. Usually they think about the London traffic. But evidence suggests that cycle training can build people's confidence for riding on the roads. However, Janet is aware that not everyone will want

to ride on roads and is keen to set up projects which stay out of the way of traffic.

Cycling is also good for you, both for your physical and mental wellbeing and this is backed up by lots of evidence. Most people, once they are confident, just feel better after being on a cycle ride.

Cycling can also reduce feelings of isolation. People can more easily get to see their friends and family, and can get to work and leisure opportunities which might otherwise be out of reach.



Cycling also gets people off crowded buses and tubes or out of cars, so doing the environment some good.

As the project is in its early stages she can't support individuals to cycle at this stage, but is happy to hear from groups who might be interested in working in partnership. Contact her at janet@wheelsforwellbeing.org.uk.

Everyone at DASL wishes Janet the very best of luck with this exciting venture.

Greenwich Leisure

Concessions available

Brixton Recreation Centre closed for 3 months to allow for the investment of £2.85 million to improve facilities and services for the community.

Greenwich Leisure Ltd (GLL), one of Lambeth Council's newest partnerships, now manage the borough's leisure facilities including Brixton Recreation Centre, Clapham Leisure Centre, Flaxman Sports Centre, Ferndale Community Sports Centre & Streatham Leisure Centre.

GLL inform us that they are a 'leisure trust' with a social enterprise structure and employee owned. Their ethos is to build active and sustainable communities based on social justice and mutual respect. They strive to remove the barriers that prevent disabled people from participating in leisure activities, and to make the facilities more accessible. All their staff attend EFDS disability equality awareness training. Check out their website at www.gll.org for more info.

DASL are part of the Lambeth Disability Sports Partnership so will be keeping you informed of developments.



Take advantage of what's on offer. Contact DASL on 0207 738 5656 if you know of any others.

www.bdaa.co.uk

If you get DLA, you are entitled to a half price angling licence. Contact the British Disabled Angling Association on 01922 860 912.

www.ceacard.co.uk

If you get DLA or are registered blind, the Cinema Exhibitors' Association Card gets your carer a free ticket when you go to the movies. Call 0845 123 1292, option 2.

www.disabledpersons-railcard.co.uk

The Disabled Person's Railcard entitles you and another adult to 33% off rail standard and 1st class fares. It costs £18 per annum. Apply on-line or call 0845 605 0525, textphone 0845 601 0132.

www.motability.co.uk

If you are aged 18-24 and get Higher Rate Mobility, Motability have grants available towards part of the cost of driving lessons. Call 0845 456 4566.

www.lambeth.gov.uk

You can get up to 50% off with a discount card for use at Lambeth's 5 leisure centres. Call 0207 926 0442.

www.btplc.com/age_disability

Free BT directory enquiries (118500) if registered for the 195 service. Call 195 to register.

If you are interested in any of these but do not have access to the Internet, contact DASL on 020 7738 5656 for further information.

London-wide organisations

Access to Art 020 8761 4898
(Formerly Arts Interest Group)
www.artsinterestgroup.org.uk

London Sports Forum
www.londonsportsforum.org.uk

Disability sport events
www.disabilitysport.org.uk

RNIB Leisure Information
www.rnib.org.uk/xpedio/groups/public/documents/code/public_rnib003532.hcsp

For better access to live music, try
www.attitudeiseverything.org.uk

Why not sign up for an ArtsLine account at www.artsline.org.uk to receive news of accessible events.

London Disability Arts Forum
www.ldaf.org 020 7739 1133
Promote the work of disabled artists.

For accessible first aid courses, try
www.redcross.org.uk/inclusivefirstaid

Lambeth Council's healthy lifestyle projects

The Heart Active scheme provides support and safe and effective exercise sessions to people with established coronary heart disease.
www.lambeth.gov.uk/Services/LeisureCulture/SportsClubsCentres/HealthyLifestyles_EXTRA.htm

Active Walks 020 7926 0761
www.lambeth.gov.uk/Services/LeisureCulture/SportsClubsCentres/ActiveWalks.htm

For youth club and adventure playgrounds, check out Youth and play
www.lambeth.gov.uk/AboutLambeth/BrixtonYoung.htm

Guide to improving fitness
www.lambeth.gov.uk/Services/LeisureCulture/SportsClubsCentres/GuidetoImprovingFitness0405.htm

Lambeth leisure centres
www.lambeth.gov.uk/Services/LeisureCulture/SportsClubsCentres/LambethSportsDirectory0405.htm

NOTICE BOARD

Lambeth Contact a Family cut

One of Lambeth's best known voluntary organisations, Lambeth Contact a Family, which works with disabled children and their families, is facing a crisis after a major cut in its funding from Lambeth Council for 2008 onwards, following a re-tendering process.

As a result of the cuts many of the services which it has provided for years will stop. There is no longer funding from the Council for premises and for the core staff team so family support work including parent workshops and face to face advice work will no longer be possible and the organisation will have to give up its Brixton Hill offices at the end of October. Lambeth Contact a Family has been commissioned to deliver some short breaks and play scheme activities in the Easter and summer holidays but there is

now also no funding for Saturday clubs, half term activities or any events over the Christmas period. Contact Jo Hardy, the Head of Service Development at London Contact a Family for more information. She is at Contact a Family, 209 - 211 City Road, EC1V 1JN. Tel: 020 7608 8772. Email jo.hardy@cafamily.org.uk

8/10/07 Mayor announces free Dial-a-Ride door-to-door service for older and disabled Londoners, and carers travelling with them, from January 2008.

Geoff
Holt,
paralysed
from the
chest
down
following



a swimming accident, became the first disabled person to circumnavigate Great Britain alone in a specially adapted trimaran. You can read about his inspirational achievement on his website at :

www.personaleverest.com

who we are & how to contact us

www.disabilitylambeth.org.uk



We are an independent charity serving adults with all types of disabilities in Lambeth, providing:

Initial advice & information
on all aspects of living with
a disability

Direct Payments Support Service
direct.payments@disabilitylambeth.org.uk

User Involvement Project working with
disabled people
user.involvement@disabilitylambeth.org.uk

Advice casework in
welfare benefits, housing
and community care

You can contact us Monday to Friday, 10am to 1pm, by calling our enquiry line:

020 7738 5656
enquiry.line@disabilitylambeth.org.uk

Teams: Advice / Information
020 7738 5656
Direct Payments
020 7642 0041 / 2016 /
0038

Disabilities
Partnership
& Involvement Project
020 7642 2054

Minicom: 020 7978 8765
Fax: 020 7924 9621
Post: 336 Brixton Road
London SW9 7AA

Join us ... DASL
membership is free!

DASL provides vital services to local disabled people. Building a strong and active membership is a key part of our organisation's future. We want more disabled people and others who support our work to become members. When you join you will receive this newsletter regularly and have opportunities to get more involved with what we do.

Contact us on 020 7738 5656 for more details.

DASL is funded by Lambeth Council, Lambeth Primary Care Trust, City Bridge Trust, Lambeth Endowed Charities and The Rank Foundation
Charity No. 1087399

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