



# Autumn 2008



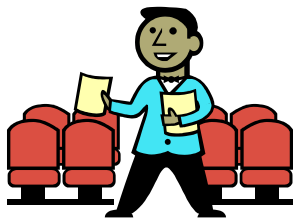
# GLS NEWSLETTER

## Alexandra Rose Day

Many thanks to everyone who helped us raise funds during the Alexandra Rose Day events. Over the two days we raised a total of £697.88, 90% of which will come to Gloucestershire Lifestyles to help provide social activities for people with disabilities living in the county. Thank you to the Alexandra Rose Day charity for supporting Gloucestershire Lifestyles for the second year running.

## Carers can get into cinema free

The Cinema Exhibitors' Association Card - This is a national card that can be used to verify that the holder is entitled to one free ticket for a person accompanying them to the cinema.



To apply for the card, you will need to meet one or more of the following criteria:

- a) Be in receipt of the disability living allowance or attendance allowance.
- b) Be a registered blind person.

The card is valid for 3 years from the date of issue. A processing fee of £5.50 is chargeable per card. This is to be sent along with the completed application.

Application forms are available from cinemas or I have a supply if needed.

Have you ever sat in the cinema feeling frustrated because you couldn't follow what was happening on the screen?

Many cinemas across the UK are now equipped with a system that delivers audio description through a headset,



which is provided when you collect your ticket. The audio description runs each time the film is shown and is undetectable to anyone not wearing a headset.

This means you can attend any screening of films with audio description and sit anywhere in the auditorium.

To find out which cinemas provide audio description in your area, please visit the 'Your Local Cinema' website – [www.yourlocalcinema.com](http://www.yourlocalcinema.com), or telephone them on 0845 056 9824. The call centre is open 24 hours a day, 7 days a week. Let them know which town you are in and they'll tell you if there are any audio described films being screened in your area. Alternatively, you can email [ad@yourlocalcinema.com](mailto:ad@yourlocalcinema.com).

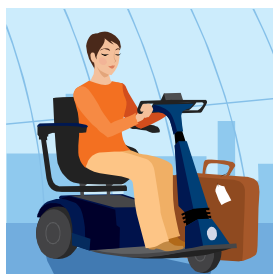
The UK leads the world in access to film for people with hearing and visual impairments. Around 300 cinemas have facilities to screen the latest films with on-screen subtitles for hearing impaired people and a narrated soundtrack for visually impaired people. There are hundreds of 'accessible' shows every week - nationwide!

## Physical and Sensory Disability Scheme

As a number of our members receive Direct Payments for their care, I attended an open day with Penderels Trust in August, where I learnt a great deal about the help and support they provide to those who wish to take on the onerous task of becoming an employer. Their aim is to assist service-users with all aspects of independent living. This includes preparation for an assessment, providing annual cost of care, accessing funding sources e.g. the Independent Living Fund, assisting people to recruit and train their own staff and liaising with other services and professionals.

Each support package is therefore designed to meet the individual needs of each service-user. Although I have good links with staff at Penderels and had an understanding of what they did, I had no idea of the extent of the support they are able to provide. So, if you are looking at Direct Payments or Independent Living Funding and wish to start the process, please have a chat with your support worker or give me a call on 07792 508785 and we could look at assisting you through the process. If you are already receiving Social Services support, it is highly likely you will qualify for a Direct Payment. There are only few circumstances when a Direct Payment would not be an option.

At this open day I also listened to a presentation by Andy Wright, Managing Director of Accessible Travel and Leisure. As a wheelchair user himself, Andy understands the difficulties for those with specific needs, or not, and his company's holidays are designed to meet every need, ensuring you have a fantastic holiday to destinations far and wide. Accessible Travel and Leisure have a unique understanding of the needs of those with restricted mobility and each advertised holiday destination, hotel and facility has been assessed for suitability by either Andy, his staff or the holiday representatives at the various locations. So, if you are planning your holiday next year, why not contact Accessible Travel and Leisure on



you a brochure.

The Sunrise Rotary in Cheltenham have again done us proud and treated us to a wonderful day out at the Cotswold Wildlife Park in July. For once the day was bright and warm, if not hot, and everyone who came with us had a great time. We were even treated to afternoon tea - delicious scones, jam and cream with huge pots of tea. Very yummy indeed and a great end to a wonderful day. A



huge  
THANK  
YOU to  
our  
friends at  
Sunrise  
Rotary  
from all  
of our members.

01452  
729739  
and get  
them to  
send

Did you know that even if you have a sensory impairment, going to the cinema could still be a very enjoyable experience? A number of cinemas in the area have installed audio descriipt (a narrated soundtrack) and subtitle equipment and most of the new films are available for your enjoyment. Cinemas in the area which have this facility include CineWorld in Cheltenham, the Apollo in Stroud as well as the Studio Cinema in Coleford. Unfortunately, the cinema in Gloucester does not yet have that facility but I understand that there are plans afoot to refurbish the cinema and bring it up to date. So, now everyone can go and watch Mamma Mia, the best uplifting feel good movie since, oh I don't know – for me it was Shirley Valentine, but not any more. Don't forget too that if you have a carer and want to take them along they can get in free with the new CEA card which is available on application from The Card Network on 0845 123 1292 minicom/textphone 0845 123 1297 or visit [www.ceacard.co.uk](http://www.ceacard.co.uk).

Lorraine Easdown  
PSD Scheme Manager

## Community Members' Events & Activities

### An evening at the races

In May we attended an evening event at Cheltenham Racecourse. Once again, the weather was kind to us and several of our members picked winners. I joined one of our groups just as they were about to open a bottle of champagne following a substantial win. That's what I call good timing! Thanks to the racecourse for their concessions and volunteers from Leonard Cheshire for helping on the evening. Thank you to Lorraine and Wendy for assisting with transport and supporting the event.

### Summer Dance

We held our Summer Dance in June at the Civil Service Club, Cheltenham and it was a great success. The place was packed and once again it was good to see so many wheelchair users on the dance floor. Our regular band, Amethyst, performed for us and everyone enjoyed themselves. As usual, Wendy and Lorraine made sure that everyone willing had a dance. Many thanks to The Charles Irving Charitable Trust for their support and to all of the staff and volunteers that helped on the evening.

### The Solent Trip

The Cheltenham Sunrise Rotary organised a trip to Port Solent for some of our members. Only six places were available, so we worked on a first come, first

served basis. Rotarian Gray O'Hanlon did a great job arranging the trip with Keith the skipper and planning the route to Port Solent. As we cruised out of the harbour there were many interesting things to see including HMS Victory and the Spinnaker lookout tower. The weather was perfect as we sailed to the Isle of Wight where we anchored and had lunch provided by the Rotary. We saw many ferries and hovercrafts on our voyage to the I.O.W. Everyone steered the vessel, including one of our members who is visually impaired. We visited a local fish restaurant for dinner before our journey home. A great time was had by all. A big thank you to Gray and the Cheltenham Sunrise Rotary for this event, everyone really enjoyed it.

### Cotswold Wildlife Park

We had a lovely day in July at the Cotswold Wildlife Park, which was funded by the Cheltenham Sunrise Rotary.

Many thanks to Gray O'Hanlon and Roger Batty for organising the transport, volunteers and the visit to the Park.



The weather was kind to us and everyone enjoyed seeing the animals, either on the walks or by the train



ride. For the perfect end to the day, the Rotary treated us to a delicious cream tea.

Thank you to the Cheltenham Sunrise Rotary



for this event, our members really appreciated it.

### The Willow Trust

In August we filled the boat with 30 of our members and volunteers for the Willow Trust boat trip from Saul Junction. Considering the terrible weather this month we were very lucky and the sun shone for us. We cruised along the canal and stopped at a picnic area for lunch in glorious sunshine. Many of our members steered the boat as we travelled through the countryside. It was a lovely day out and everyone enjoyed it.

Many thanks to David and Richard from the Cheltenham Sunrise Rotary for their help with transport. Thanks to Lorraine, Wendy, Lynne and Ian for their support.

John Print

Events & Activities Co-ordinator

## Buddy Page

"It's so nice now that the sun has started to shine and the cold wind has dropped. It puts new bounce into the Buddy outings. However happy we are to be warming our bones..." these are the opening lines from last quarter's Buddy article. Little did I know that the last week of April and the first week of May was our summer. I now realise I write a load of rubbish. So carrying on the tradition... The Buddy Scheme makes its own sunshine.

In June I put a bid in for some new funding from the Primary Care Trust, who have joined the carers' steering group, and we have just been informed that they have awarded us £15,000 for two years. We have also been awarded a further £6,000 from Social Services. This funding has been earmarked to reinstate our service in Cirencester, reduce our waiting list and increase the number of carers we support.

We feel that these awards are an endorsement of the service we provide. All the staff and volunteers work hard and in some cases unsociable hours, trying to give a service to carers and participants that is above and beyond the norm for statutory and voluntary services. We want to provide a service that is flexible and gives all concerned the opportunity to experience and partake in

activities out of the Monday to Friday, 9 to 5 time zone. We really strive to achieve this.

I'm not sure how much feedback you get about the activities we do but I thought you might like to hear about some of the places we have been to and try them for yourself or come with us.

The Everyman trips have all been a success. The theatre staff are very accommodating and carers go free. I think the only issue some participants have is down to costs. We sit with "the Gods" and it can be a bit daunting if you have vertigo. I recommend the "on ice" shows, they're absolutely fantastic.



Everybody enjoys Bridges Cabaret and Carvery in Worcester. It's easy to find, just off the motorway. Prices range from £5 to £18 depending on whether they are offering a 1 or 2 course set menu (the food is usually very good), and who the cabaret act is. I don't recommend the "who dunnit?" evenings, but the comedians and singers are good.

Next year, try to go to the Bristol International Balloon Fiesta - it was fantastic. It's free to get in but parking is expensive unless you use the park and ride.

The London Natural History Museum trip was brilliant (apart from the parking

ticket). We left Gloucester at 8.30am and got home after midnight. We were all tired but saw so much and I can recommend a little bistro off New Crompton Street.

Closer to home, St Fagan's National History Museum is highly recommended. St Fagan's is one of Europe's biggest open-air museums and you will find centuries of Welsh social history in 100 acres of beautiful countryside. Over 40 buildings have been transported and rebuilt to recreate 500 years of Welsh rural and industrial history.

### London: Disabled Parking

I might be teaching grandma to suck eggs but I would like to bring to people's attention the problems of parking in London, and other cities, with disabled badges. When we took a group to the Natural History Museum, we had the use of a blue badge. I am aware of the parking rules associated with the badge outside London but I was unaware that in inner London the same rules do not apply and consequently received a parking fine (which I am contesting). I have since found out that each borough and other cities have their own disabled parking restrictions. I can't advise you on the do's and don'ts but suggest you scrutinise the handbook.

All the best from the Buddy Scheme

Liz West

Buddy Scheme Manager

## GLS Charity Shop

**OUR CHARITY SHOP** is now open five days week, thanks to dedicated and hard working volunteers, without whom we would not be able to run the shop. Customers are also very complimentary about the new look shop and pleased that we have made every effort to make it a friendly place. We are aware how important and valuable the shop is in so many ways to the local community and volunteers. Thank you to all who have donated items and we hope we continue to receive them. Donations can be taken to the Storage & Sorting area of the GLS Office, ring Bharti on 01452 530184 for details.

### Charity Shop needs you!

Could you spare some time to come into the warehouse and help us sort our stock for the shop, organising and sorting through our clothes and bric-a-brac?

We are always looking for volunteers to work in our charity shop. If you are interested then please contact me, Bharti, on 01452 530184 or [bharti@gloslifestyles.co.uk](mailto:bharti@gloslifestyles.co.uk)

## Gloucestershire Service Users Forum

Our new co-ordinator, Nadia, has been arranging Training and consultations due to start in September following the summer holiday season. Once again our members will be involved with first

year students as they begin their Social Work course. This is a good experience for them to meet people they will be working with when qualified.

We will also be involved with second year students giving them experience of meeting service users as if on their first visit and introducing themselves. Our members will also be involved with students in the interview process.

Service users are to be involved in discussing how they would like to be able to spend their direct payments. Rather than spending them on time at a day centre, they are considering giving people the choice to use their direct payments to pursue activities of their choice. This should be interesting if it happens.

Anyone wishing to be involved, please contact John Print 01452 541556.

## GLS Members' Xmas Lunch

I'm afraid it's the time of the year again for the Members' Christmas Lunch and this year we're going to try out another venue. It's the same place we held our Summer Dance, Cheltenham Area Civil Service Club, Tewkesbury Road, Cheltenham, GL51 9SL.

The restaurant is accessible to all and the menu looks good too. The cost of the meal will be £14.95 per person, less than what we paid last year. To make it

easier for everyone on the day, we are again making the food choices in advance and paying the money due with the booking form. Members Xmas lunch is open to ALL GLS members, so if you would like to come, (please do so, the more the merrier!) just tick your selections on the enclosed form, (not forgetting to add your name) and send it with your cheque, made payable to Gloucestershire Lifestyles, by 27th November, 2008. Reservations will be on a first come (with payment) first served basis, last year there were 65 members. I am sure it will be a lovely festive gathering for all again! Your Support Worker will have more details, but do contact GLS Office if you want further info.

### XMAS LUNCH MENU 2008

Broccoli & Stilton Soup  
Brie & Redcurrant Coulis  
Venison Pate with Toast

Traditional roast turkey *(with all the trimmings)*  
Nut Roast *(with all the trimmings)*  
Poached Salmon with Hollandaise Sauce

*All served with Fresh Seasonal Vegetables, Roast & New Potatoes*

Xmas Pud & Brandy Sauce  
Christmas Trifle  
Mince Pies with Cream

Tea or Coffee

£14.95



## Bulletin Page

### Waitrose Community Matters

Did you know that Waitrose have been running a scheme called Community Matters, donating £1000 per month to three local charities? Recently they have given customers the opportunity to choose which local charity gets the money. When you shop you are given a green plastic disc. There's one box for each of the charities featured that month and you put your disc into the one you support. The money is divided according to the number of discs in the boxes. There are stores in Stroud, Cheltenham & Cirencester.

**IMPORTANT !** You can also nominate a local charity to receive support through Community Matters, SO GET ALONG TO YOUR WAITROSE STORE AND NOMINATE GLOUCESTERSHIRE LIFESTYLES.

### Inclusive Fitness Initiative @Stratford Park Leisure Centre, Stroud

IFI is funded to develop access to fitness equipment & sports development for people with disabilities.

- Accessible facilities
- Inclusive fitness equipment
- Staff with appropriate training & skills
- The development of alternative inclusive sporting opportunities

For more information contact Hana Drew,

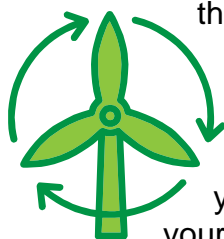
Inclusive Activator on 01453 754508 or [Hannah.drew@stroud.gov.uk](mailto:Hannah.drew@stroud.gov.uk)

**PARASPORT** - Visit the Parasport website for information on Disability Sports Opportunities - [www.parasport.org.uk](http://www.parasport.org.uk)

### Think about changing your electricity supplier to Ecotricity

I heard about this recently on BBC Radio Gloucestershire and checked out their website.

If you are interested in sustainable energy and would like to support a local company that builds wind turbines to supply electricity, have a look at their website [www.ecotricity.co.uk](http://www.ecotricity.co.uk). They can be your supplier. 26% of



their supplies come from sustainable energy and for every £1 you spend on your electricity supply with them they add a further £1 towards building wind turbines.

### Gloucestershire Advocacy Support Service (GASS)

On 30<sup>th</sup> June, GCC stopped funding the GASS project as part of its overall of advocacy in the county. It is a sad loss for advocacy groups in the county, as in the past they have been able to obtain high quality training, a Quality Assurance scheme and networking. It is hoped that in the new round of grants there will be an opportunity to bid for funding to develop

a similar project. Bids have to be in by the end of September and the funding available by 1<sup>st</sup> October 2008. Any member requiring an advocate, please ring Bharti or Julie on 01452 530184 and they will put you in touch with an advocate.

Sue McClung  
General Manager

### Independent Age

Independent Age has also reviewed the criteria it uses to select and recruit new beneficiaries.

Independent Age helps secure the financial independence of older people through regular payments for life and friendship through our network of volunteers and one off grants in certain circumstances. We currently have 6,500 beneficiaries who are supported through a network of over 1,200 volunteers.

Over the next few months we will be updating all our published materials. In the meantime, please note that the following guidelines will apply from now on:

Independent Age applicants must be:

- over 70
- able to demonstrate a sustained and significant contribution to society in either a paid or unpaid capacity

Applications received before 1st May 2008 will still be considered on the basis of the old criteria.

Applicants will only be considered with income and capital below set limits. These thresholds remain the same but will be reviewed later in the year.

	<b>Single (£ per annum)</b>	<b>Couple (£ per annum)</b>
<b>Max. Income*</b>	8,960	15,530
<b>Max. Savings</b>	13,900	23,690
<b>Max. IA Grant</b>	1,050	1,800

\*Please note that Independent Age does not include attendance allowance, disability living allowance, carers' allowance, housing benefit and council tax benefit in this income threshold.

Grant nominal beneficiaries - We also support older people whose income is adequate for day-to-day living but who have minimal capital and are unable to cope with unforeseen emergencies.

If you have any further questions, please contact Sarah Disney, or call our Care Department on 020 7605 4200. For more information about Independent Age, please visit [www.independentage.org](http://www.independentage.org).

### Top Foods to Prevent Strokes

In several population based studies evaluating groups of men and women over time, a diet rich in potassium was associated with a reduced risk of stroke and can help reduce high blood pressure.

Potassium is an essential mineral, needed to regulate water balance levels of acidity, blood pressure and neuromuscular function. This mineral also plays a critical role in the transmission of electrical impulses in the heart.

The best dietary sources of potassium are fresh unprocessed foods, including meats, fish, vegetables (especially



potatoes), fruits (especially avocados, dried apricots, and bananas), citrus juices (such as orange juice), dairy products, and whole grains.

Most potassium needs can be met by eating a varied diet with adequate intake of milk, meats, beans, cereals, vegetables, and fruits.

*Caution: if you have kidney disease or take a diuretic medication, you may need to avoid high-potassium foods; check with your doctor.*

### Walks on Wheels

Whether you are two years old or 72, these Walks on Wheels give you the chance to enjoy the Cotswolds Area of



Outstanding Natural Beauty.

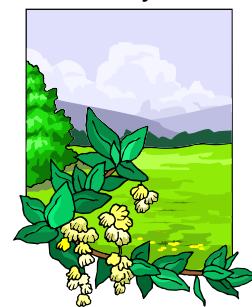
These short routes have been devised for anyone on a mobility scooter, in a wheelchair, or pushing a child's buggy. They will help you explore quiet county paths, villages and market towns. Most are feasible for all wheel users, others may not suit you.

The walks are available at: [www.cotswoldsaonb.org.uk](http://www.cotswoldsaonb.org.uk)

### Please Note:

Some of these routes may be difficult or impassable in bad weather and after rain. Always wear appropriate clothing and footwear and beware of traffic. The Cotswolds Conservation Board cannot accept responsibility for accidents or difficulties experienced by users of these routes.

Walks on Wheels were devised by the Cotswold Voluntary Wardens to mark their 40 years of helping to



improve access to the Cotswolds and conserve its special landscape.

Cotswolds Conservation Board, Fosse Way, Northleach GL54 3JH  
Tel: 01451 862000  
Fax: 01451 862001  
Website: [www.cotswoldsaonb.org.uk](http://www.cotswoldsaonb.org.uk)

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## Coming Events

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**September 2008**3<sup>rd</sup> & 4<sup>th</sup> Sailing\***December 2008**9<sup>th</sup> Members' Xmas Lunch

Please let your Support Worker know if you would like to attend any of the monthly events listed here. Deposit required when booking \* events.

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## Trustees' Meetings

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**25<sup>th</sup> November & 20<sup>th</sup> January 2009**

Members wishing to contact the Trustees, please write to Colin Parry at the Lifestyles Office, Hatherley Day Centre, Hatherley Road, Gloucester, GL1 4PW.

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## The Challenger Information

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**Copy to GLS Office by 31<sup>st</sup> October 2008**

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Jolene Pritchard

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## Your Team Helping You to Help Yourself

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**GLS Office**

Gloucestershire Lifestyles  
Lifestyles Office  
Hatherley Day Centre  
Hatherley Road  
Gloucester  
GL1 4PW

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