



BRIGHT IDEAS



**Feb
2005**

Physical Disability User Group

Inside this issue:

A Happy New Year to you all.

I apologise for the late edition and hope you will find something of interest or use in this edition to help you in what can be a rather dreary part of the year.

There are listed a number of dates and venues of other User Involvement meetings which take place around the County. I do realise that most User Groups struggle to attract Users for a number of valid reasons, this said I hope by publishing other User involvement meetings it allows us all to work together for the benefit of all Users and helps us to all understand what the objectives of these meetings are.

(I am sure none of us wish to fall into the trap where meetings become the “practical alternative” for actually doing any work.)

Who needs a winter jacket!

Because polar bears give off no detectable heat, they do not show up in Infrared photographs. (Infrared film measures heat.) When a scientist attempted to photograph a bear with such film, he produced a print with a single spot--the puff of air caused by the animal's breath.

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Patient and Public Involvement Forums

Volunteers needed to help increase public influence on the NHS!!

Patient and Public Involvement (PPI) Forums are the new means by which all members of the public and patients of the NHS can make their **views on NHS services** known. They are **independent** both of the NHS and the Government.

The PPI Forums are **backed by statutory law**. These laws outline the Forums' right to receive replies from NHS Trusts in response to requests for information and recommendations, made by the Forums regarding NHS services, within 20 working days. The laws also allow Forum members to visit and inspect NHS premises where there may be cause for concern e.g. over cleanliness. These laws mean that the PPI Forums have the ability to make a good level of impact on decisions made within the NHS Trusts.

PPI Forums aim to make sure **no-one is excluded from involvement** in the NHS by recruiting volunteer members from all walks of life.

PPI Forums deal **with issues rather than complaints** but also have a role to advise members of the public on where to go in order to make an individual complaint. The Forums seek to discover **positive as well as negative opinions**.

The Forums are made up of volunteers. There are 6 PPI Forums across Northamptonshire. Currently all Forums **need more volunteers in order to increase their impact and effectiveness**. The PPI Forum for Daventry and

South Northants is particularly short of members with only 4 people currently volunteering. All Forums have a target membership of up to 15 volunteers. Forums with larger numbers of members are able to look at a larger number of issues at any one time and are also able to consult with the public on a larger scale. Anyone over 18 with an interest in health who believes that NHS services should be shaped by those who use them can apply.

If you, or anyone you know, are interested in joining a PPI Forum or would like more information, please contact the Forum Support Office at the following address:

2 Church Street
Wellingborough
Northamptonshire
NN8 4PA

Tel/Fax (01933) 271 300

E mail: northants@patientsforum.org
www.cppih.org

Northampton General Hospital PPI Involvement Forum– Meeting Dates.

Thursday 10 Feb 2005
Thursday 10 March 2005
Thursday 14 April 2005
Thursday 12 May 2005
Thursday 9 June 2005
Thursday 7 July 2005
Thursday 11 August 2005
Thursday 8 September 2005
Thursday 13 October 2005
Thursday 10 November 2005.

Meetings 10-12.00 pm Usually held in the Guildhall , Northampton.

For information on other PPI forum meetings please contact the Forum support office.

The following extract is from an independent report into the effect PPI Forums are having on improving services in the NHS.

“It is of particular concern that, despite growing encouragement and activity, PPI initiatives are not yet resulting in significant change in the NHS.

Our mission is to ensure that the public is a true partner in shaping the NHS of the future, and we shall have a central role in developing the co-ordination, common standards, and best practice across health agencies highlighted by this report. Good intentions are not enough, if we are to move from rhetoric to real empowerment in future for those who use and pay for healthcare.”

Sounds like we are not the only User Group facing professional resistance to change!

News for Carers

The Enterprise Training Project is now expanding its service to offer courses to carers. The following courses are on offer.

Computer skills for carers.

10 week course one half day per week.

Personal Development courses for carers

8 week course one half day per week

Current skills information course

8 week course one half day per week

Tele 01604 603 045. The courses are free but they do ask for £5 voluntary contribution towards materials and resources.

Ability Northants

Ability Northants can now loan wheelchairs for up to 8 weeks for 50p per day. There is no eligibility criteria.

They also provide Radar Keys (to access toilets for disabled people) at £3.00 per time. These keys can gain access to over 6,000 accessible toilets throughout the country.

Don't say you weren't warned!



A register of 2nd hand equipment for sale is also kept. For more information on any of the above call 01604 624088

Carers Forum meetings

The Carers Forum is run by Jenny Osborne from Ability Northants. Although Jenny holds meeting each month I have only included the dates of the meeting I believe are relevant for Carers of physical disabled people. All meetings start at 2 pm)

Tuesday 31st May 2005 The Thackley Green Specialist Care Unit, Great Oakley Road, Corby.

Speaker: Nichola Best on Direct Payments for Carers.

Tuesday 12th July 2005 Thrapston Town Hall Meeting Rooms, Thrapston Northants.

Speaker: Mandy Underwood on the Carers Response Scheme.

Tele 01604 624088

Disability South Northants.

(Networking and information sharing)

All meetings are at 12.15pm for a 12.30pm start. All meetings are very informal, please feel free to bring your lunch. Tea and coffee will be provided (and the occasional biscuit!).

East Hunsbury Library, Overslade Close, East Hunsbury, Northampton

Thursday 7th April

Thursday 4th August

Thursday 1st December

Towcester Health Centre, Swinneyford Road, Towcester, South Northants

Thursday 3rd February 2005

Thursday 2nd June 2005

Thursday 6th October

Tel: 01604 624088 Fax: 01604 605124

Email: louise-shaw@abilitynorthants.org.uk

Carers Website!

www.caringnorthants.org.uk

Jenny Osborne who compiles the above website has been asked by David Lewis from Northampton County Council to look at improving and developing the website further from the basic form it is now.

As a result of this Jenny is holding 3 Focus group meetings to ask Carers, members of staff and professionals what they would like to see included.

All three meetings will be held in the Nene room, 13 Hazelwood Road, Northampton and will start at 10.30am. Dates are

Friday 21 January

Friday 25th February

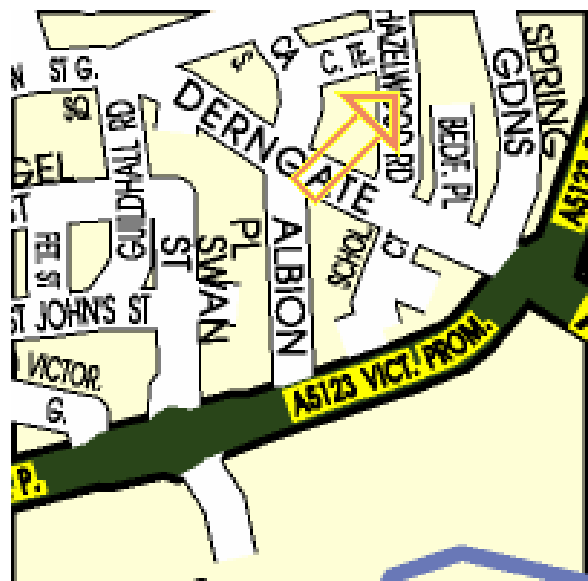
Wednesday 23rd March

Please contact Jenny Osborne on 01604 624088 if you wish to attend.

An opportunity to Have your say!

“geresearch” are holding a focus Group on Wednesday 23rd February at Ability Northants. (13 Hazelwood Road, Northampton) “Geresearch” have been asked by the Learning and Skills council to undertake a large research project to find out specific issues relating to access and barriers to the job market, education and training for disabled people.

Although the focus Group already had enough Users attending if you have any issues you wish to raise on your behalf please contact Helen Bradshaw at Ability Northants on 01604 624088



Long Term Conditions (National Service Framework)

The Department of Health announced the NSF for Long-term Conditions on 28 February 2001. The NSF would focus on the needs of people with neurological conditions and brain and spinal injury, but it would also cover long-term conditions generally – drawing out some of the common experiences of people with long-term conditions who use health and social care services.

The LMCA and the Neurological Alliance were asked to canvas the views of service users, carers, and the voluntary organisations that support them, and to feed these views into the development and design of the NSF.

The following notes have been extracted from the report put together by the Long-term Medical Conditions Alliance (LMCA) and the Neurological Alliance. I am sure they will “ring a bell ”with all of you.

Equal access to health and social care services

1 The introduction of a **Key Worker** could provide a one-stop-shop for specialist services and speed access to essential services.

2 Physical access to the built environment needs to be promoted. Existing and forthcoming provisions of the Disability Discrimination Act 1995 must be properly complied with and reinforced. The full spectrum of access issues should be addressed, not just wheelchair access.

Independence and quality of life for people who use services

1 Access to accessible transport is critical to independent living for disabled people.

2 Rehabilitation services are of particular importance for independent living.

3 Increased access to the full range of therapeutic interventions enhances quality of life.

Choice of services to allow people to live how they want and where they want

1 Services must be close to where people live.

2 Attitudes and awareness of health and social care professionals constitute the single biggest barrier to access.

Being included in decisions

1 The service-user should be at the centre of the decision-making process not just ‘included’ in decision-making.

2 Being at the centre of decision-making encourages greater independence and empowerment for the service user.



Carers should be offered support

1 Care support workers employed by local authorities frequently do not offer adequate standards of care for the service user. Low status, low remuneration and low morale were thought to be contributing factors.

2 Carers (relatives and family) are not properly valued and lack adequate support. Respite is difficult to access and not sufficient to meet requirements.

The user of the service should come first

1 Service users are often marginalised with care decisions happening around them, not with them. Etc etc.

Some Useful Contacts

Marie Yates

Disability Sports Development Manager

Northamptonshire Sport

John Dryden House

8-10 The Lakes

Northampton

NN4 7DD

Phone : 01604 237940

Mobile : 07709 399321

East Midlands ICAS

Independent Complaints Advocacy Service.

If you, or someone you care about, has a complaint about any aspect of NHS care or treatment, ICAS can offer information, advice and support.

ICAS is:

Confidential

Free of Charge

Independent of the NHS.

Call 0845 650 0088

EMAIL ICAS@carersfederation.co.uk

Enterprise Training Project.

Courses for carers and people with physical disabilities. 01604 603045

Community Resource Team

Aims to reduce social isolation
01604 665920

Lifelong Learning Service

01604 237809

Email kgoulding@northamptonshire.gov.uk

Ryder-Cheshire Volunteers South

Northants project (Leisure and learning interests for people with a disability)

Tele 01280 704736 or visit

www.rydercheshire.co.uk

Take 6

Taxis for disabled

01604 764678

Manfield Site Redevelopment



Consultant Neurologist for Favell House

Dr Raja Thiyagaraja the new consultant in Neuro-rehab with an interest in Prosthetics has confirmed his start date as the 14 March 2005.

One of Dr Raja Thiyagaraja tasks will be to provide Consultant cover for Favell House on a day-to-day basis supervising and supporting Dr Chandarana who has worked in the unit for a number of years.

Fundraising.

The target of £1.5 million was reached in the latter part of 2004. This has resulted in the appeal steering committee being wound up. The following is the latest set of figures I have on where the money came from and should not be taken as the final amount.

National Grant Making Trusts.	£315,000
Local Grant Making Trusts	£390,00
Events Committee	£251,000
Friends of Cynthia Spencer Hospice	£300,000
Trustees of Cynthia Spencer Hospice	£150,000
General Donations (Members of the public)	£58,000.

As a point of note the “event” that raised the largest amount as of the 15/11/04 was the “Boughton Belles” calendar which was over £27,000. There was well over 200 separate events organised, a sign of the great support and commitment of all the individuals involved in the organising and support of the events.

Focus on the Northampton Integrated Care Centers

Plans for Northampton's new Integrated Care Centers progressed well during the year. The new centers will provide a focus for joint, community-based health and care services for people across the borough.

The aim of the centers is to bring together health and care services, ranging from out-of-hours services, minor injuries and chronic disease clinics to diagnostic and treatment services, and social services for older people and children. These would be complemented by support services, such as housing and money advice.

Three locations have been identified:
I) in the town centre on the Northampton General Hospital site,
II) at Weston Favell as part of the regeneration of the district centre,
III) and at Sixfields, where a district centre is being developed to serve the new residential area.

The next stage is to involve and consult the local communities in those areas to confirm the range and format for the services each centre will provide.

At the last User Group meeting the project Manager Julie Shepherd said:-

“Integrated care was services delivered across health, social care, voluntary sector and independent sector (etc) delivered equitably to all no matter who you are or where you live. 72% of contacts each day within the NHS are Primary care (out in the Community) 24% of contacts are in acute hospitals. Acute

hospitals have 3 times the amount of funding compared to primary care. 17.5 million people with chronic disease account for 78% of health care costs.”

Julie explained that not all of the services delivered on the acute site needed to be there. There were initiatives underway to bring services together in the community. One of the biggest drivers for the PCT was changing the interface between Primary and Secondary care. What is being looked at is moving some of the services delivered at the present time from the acute sites into the community so they are “closer to home” i.e. outpatient services.

Julie said they are trying to make the patient journey less complex, joined up packages of care where links are formed between all services.



(Anything that helps the parking at NGH must be a step in the right direction.)

PM's Strategy Unit

The Government has published a radical strategy for transforming the life chances of **disabled** people. The final report "Improving the Life Chances of Disabled People" states that, by 2025, disabled people should have full opportunities and choices to improve their quality of life and be respected and included as equal members of society.

The report has been agreed as Government policy. It makes recommendations across four key areas:

Independent living - increasing disabled people's ability to live independently at home, at work and in the community with support based on personal need, choice and empowerment through a major expansion of Direct Payments in the form of individual budgets.

Early years and family support - family-focused support, childcare and early education that enables families with young disabled children to achieve 'ordinary lives' and remain economically and socially included.

Transition to adulthood - planning focussed on the individual needs of disabled young people, based on smooth provision of support and services during transition and leading to appropriate opportunities and choices in adulthood.

Employment - early intervention supporting disabled people to stay in touch with the labour market; improving the employment prospects of disabled people through ongoing personalised support, with employers supported in a key role, while providing security for those unable to work.

A new Office for Disability Issues will also be established. It will be a strategic unit responsible for coordinating Government work on disability and ensuring that this fits with the wider equalities agenda.

Copies of the report can be accessed via www.strategy.gov.uk in PDF format. A summary and easy-to-read summary are also available online.

- The report is available other formats including Braille and Word.

Please contact the Strategy Unit on 020 7276 1881 or strategy@cabinet-office.x.gsi.gov.uk.

OF LIMBS AND ORGANS or CRUTCHES TO KEYBOARDS

by Julia Pearson

I have been doing a bit of reminiscing having spent over 25 years of sitting at the organists' bench at Luke's Church, Duston, Northampton. [NB I do not refer to myself as an organist!!]

It began in 1979 when, once again, our congregation were without a regular organist. As I had been helping out over several years with accompanying in various small ways I was asked to "play for the Sunday services for a couple of weeks" until a "proper" organist was found. Little did I know that it would last this long or that the post would provide so many moments of joy and humour amid the commitment of regular Sunday worship, special weekday services, and hundreds of weddings and funerals.

Until 1995 we had a quaint organ with heavy mechanical action and playing for four weddings in one day [no longer our parish practice] was quite a feat. Talking of feet, [well almost!] no, I am not able to play the pedals due to the restricted movement in my hips and knees. I began learning to play the pedals when I was about 11 but it came to an end with sudden illness at the age of 14. However my arms and hands still work and I seem to be fulfilling the need of simple accompaniment and over the years have often had requests from other parishes to help them out when they have had no one to play -scraping the bottom of the barrel, I call it.

When called on to play at other churches I never knew what problems I was going to be confronted with, bearing in mind my physical limitations. At

Kislingbury the organ was situated on a platform about two feet high with no half-way step, but with a good grip on some rather rickety woodwork, I managed to haul myself up - and fortunately to lower myself in reverse after I had performed. My legs and hips don't bend very much, hence sometimes the leg room between the bench and the lower panel of an instrument's casework is very restricted so I have at times had to sit at peculiar and uncomfortable angles. At the end of a service it's a great relief to get straightened out - physically [having been straightened out spiritually, yet again].

At St Benedict's Church, Camp Hill, I was confronted with a flight of steps to the organ loft so I asked the priest to carry my music case for me. Little did I know that he was in a worse condition than myself and he came up almost on all fours, resting the case on each stair as he climbed. After the service the priest followed the funeral procession out to continue the ceremony at the crematorium, leaving me stranded [not that I liked the thought of the dear elderly gentleman struggling to help me again]. To my relief, I heard someone enter the church so leaned over the balcony to ask for assistance, assuming it was the church warden coming to lock up. The man was most surprised at my request -he was a copper and had come to investigate a recently reported break-in. Anyway, he helped me down the stairs and I left the unlocked church in the hands of the law.

The aforementioned organ had been transferred from St Michael's Church, Upton. In the days before its removal, restoration and electrification I used to play this organ once a year for their

Harvest Festival service. My first task, before setting up the music, would be to dust off the profusion of mice droppings from the keys. My young son would be persuaded to pump the bellows and on one occasion he leaned towards my ear with a saucy grin, threatening to "let it run out". "Don't you dare!" I hissed at him through the strains of a rousing rendering of "all is safely gathered in".

Once I had played a service at Northampton's Christchurch, enjoyed the social event that followed, and chattering away had strolled back to my car on someone's arm, not giving a thought to boring things like crutches. About six weeks later [good thing I had spares] I rang the vicar's wife, "Did I by any chance leave an elbow crutch in your church?" Her reply informed me that it was found leaning beside the font and had been festooned with flowers. I gather they assumed it was another case of "Take up thy bed and walk."

At yet another church I was once a bit heavy-handed [or their glue was too weak] and I pulled an organ stop clean out of the casework. The offending knob rattled up and down the keys until I found an appropriate pause to snatch it up and deposit it elsewhere. This was in my late mother's church [St David's, Kingsthorpe] and she warned, "You'll never be asked to play here again." But I was - such was the shortage of organists!

One of the bonuses which rewarded me with much fun was involvement with the youngsters in the choir [the days when we had youngsters in the choir!] It was a joy working with them and I thought they had a slight affection for me until one day a large organ pipe came adrift immediately above my head and fell,

point downwards, just skimming my ear and landing balanced upright beside my left shoulder. I was so engrossed in the hymn I wasn't even aware of the near miss, but the choir had certainly witnessed the event. After the service the choir vestry was agog with little voices sharing this bit of excitement. "Cor! did you see it? It was ever so close." "Yeah! What a shame -it just missed her."

A while ago at St Luke's it seemed that to be involved in accompanying services it was obligatory to have a walking impairment as myself and Ali were using wheelchairs and Jan was on crutches with a broken leg. Ali moved to Wigan but Jan is still my very faithful deputy - and she has thrown away her crutches.

I also dabble on keyboards of the typing kind and after 21 years of housewifery and motherhood decided to try for an office job. At the interview the manager scanned my application form listing my qualifications, driving licence details and hobbies as requested. He began to laugh. I didn't think my out-of-date qualifications were that hilarious and looked puzzled. He said it was the bit about my endorsements for speeding that caused the mirth and asked me to forgive him his warped sense of humour. [At least I'd been honest!] I thought the interview was going quite well until he came to the list of my interests - very much church-connected. He looked rather embarrassed and mumbled on about the language in a builders' supplies firm not being quite..urm..urm. He didn't exactly put it into words, but I knew what he meant. It was my turn to grin, saying, "I'm quite human you know!"

At the end of the interview he asked if I had any questions. Quick as a flash I asked if I could adjust my hours to fit in my funerals. He seemed lost for words –I don't think he had ever had that request before! I explained that, "One does like to do one's funerals," and he agreed, "Yes, I suppose one does." I got the job - and permission to fit in the funerals.

That reminds me of an embarrassing gaffe nearly all organists make some time in their careers [we often compare notes!] When being thanked for playing for the funeral of someone's loved one, the natural response is to say, "It was a pleasure." After all these years, I now realise that it is indeed a pleasure to have the privilege of being able to play a part in such an emotional stage of people's lives. A parish organist needs to be committed - but it is all very much a pleasure.



TRIVIA

Quiz for Favell Day unit Users.

How do you get 22 wheelchairs into the Day Room.?

Some for the Ladies

Why do female black widow spiders kill their males after mating? A. To stop the snoring before it starts.

How does a man keep his youth? A: By giving her money, furs and diamonds.

How do you keep your husband from reading your e-mail? A: Rename the mail folder "Instruction Manuals"!

Does this ring any bells?

An 80 year old couple were having problems remembering things, so they decided to go to their doctor to get checked out to make sure nothing was wrong with them. When they arrived at the doctor's, they explained to the doctor about the problems they were having with their memory.

After checking the couple out, the doctor tells them that they were physically okay but might want to start writing things down and make notes to help them remember things. The couple thanked the doctor and left. Later that night while watching TV, the old man got up from his chair and his wife asks, "Where are you going?" He replies, "To the kitchen." She asks, "Will you get me a bowl of ice cream?" He replies, "Sure." She then asks him, "Don't you think you should write it down so you can remember it?" He says, "No, I can remember that." She then says, "Well, I also would like some strawberries on top. You had better write that down cause I know you'll forget that." He says, "I can remember that, you want a bowl of ice cream with strawberries." She replies, "Well, I also would like whip cream on top. I know you will forget that so you better write it down." With irritation in his voice, he says, "I don't need to write that down, I can remember that." He then fumes into the kitchen.

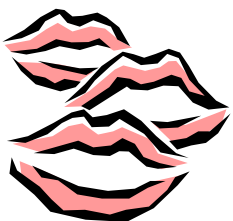
After about 20 minutes he returns from the kitchen and hands her a plate of bacon and eggs. She stares at the plate for a moment and says, "You forgot my toast."

Be careful what you kiss?

According to a news report, a certain private school was recently faced with a unique problem. A number of 12-year-old girls were beginning to use lipstick and would put it on in the toilets. That was fine, but after they put on their lipstick they would press their lips to the mirror leaving dozens of little lip prints. Every night the cleaner would remove them and the next day the girls would put them back. Several memos were posted about this, without effect. Finally the Head decided that something had to be done. She called all the girls to the toilets and met them there with the cleaner. She explained that all these lip prints were causing a major problem for the cleaners who had to clean the mirrors every night.

To demonstrate how difficult it was to clean the mirrors, she asked the cleaner to show the girls just how hard it was. The cleaner took out a long-handled squeegee, solemnly dipped it in the nearest toilet bowl, and scrubbed at the mirror.

Problem solved.



Out and About

The Smooth-Ride Travel Guides

To order a copy, please call **0845 608 8050**

UK

Title: Smooth Ride Guide:UK 2nd Edition

Author: July Ramsey

ISBN: 0 9521982 9 0

Publisher: Gowrings Mobility

Price: £14.95 inc P&P

Published in April 2003, the Smooth Ride Guide – UK is a travel guide to nation-wide venues, attractions, accommodations and days out available to people with mobility difficulties and wheelchair users. Included in the guide, each venue has met stringent access criteria

FRANCE

4th Edition is now available.

The Guide includes: information about Accommodation, Attractions and Transport.

Carpetbagger Aviation Museum

Email: Cbaggermuseum@aol.com

Off the Harrington to Lamport Road (near the A14 bridge)

USAAF's 801st/492nd Bomb Group were based here during the Second World War. Operation Carpetbagger was carried out from here - delivering secret agents and supplies to resistance groups in occupied Europe. There are also exhibitions showing the work of the British Special Operations Executive. During the Cold War, Thor missiles, capable of firing nuclear war-heads, were based at the airfield.

Opening times:

Weekends and Bank Holidays from the week before Easter to the end of October:
10.00am to 5.00pm

Admission prices: Adults: £2 children: £1

SALCEY FOREST

Salcey Forest was one of three Royal Forests established in Northamptonshire by William the Conqueror. For most of the medieval period, the forest was managed as a series of well defined coppices with wide ridings or 'plain' between. These plain's were used for Grazing by both the Kings deer and commoners cattle.

The Elephant walk is an easy access route for **wheelchairs** and pushchairs on level, surfaced ground. The walk is named after the Elephant Pond During the Second World War, these massive beasts used the pond to cool off in while taking a rest from. The 'druids' or veteran oaks in Salcey are rare and amazing wildlife habitats, and some of the old oaks are believed to be over 500 years old.

H o w t o g e t t h e r e :
Salcey Forest is between Milton Keynes and Northampton, and located immediately to the east of the small village of Hartwell.

Winged Fellowship Trust.

Winged Fellowship Trust is a charity running short breaks for disabled adults and children in five purpose build centres. Trained staff offer 24 hr personal support in a 'family type' environment. WFT centres are in Nottingham, Merseyside, Essex, Southampton and Cornwall.

Activity breaks– including abseiling and canoeing– are available in Cornwall. While other centres offer themed weeks such as Real ale week, Soap opera week and for Queen fans 'We will Rock You' week

Booking line 0845 345 1970

Email admin@wft.org.uk

Web www.wft.org.uk

Useful Numbers

Volunteer Centre

01832 733336

Flexicare Manager

PALS

Patient Advice and Liaison Service

Heartlands PCT

01536 494233

Care & Repair, Kettering

Address Bowling Green Road Kettering
Northants NN15 7QX

Contact Name Malcolm Coe

Telephone **01536 534211**

E-mail malcolmcoe@kettering.gov.uk

Care & Repair offers practical advice and guidance to elderly or disabled homeowners who need help in organising repairs, renovations, adaptations, grants, welfare benefits and insurance claims to their own homes.

Kettering Shop mobility

Address Wadcroft Car Park Commercial
Road Kettering Northants NN16 8TH

Telephone **01536 412886**

'Disability Link'

Address Isebrook Hospital Irthlingborough
Road Wellingborough Northants NN8 1LP

Telephone **01536 494250** or Text phone.

01536 49425 Fax **01536 494251**

Aims to support disabled people from 16 years upwards, with a physical impairment, their Carers and families to achieve maximum independence, choice and control in their lives.

MORE USEFUL CONTACTS

REMAP

Custom made aids for people with disabilities

Telephone: 0845 1300456

website: www.remap.org.uk

HOLIDAY CARE

Holiday and Travel Information for Disabled People

Phone: 01293 774535

Website: www.holidaycare.org.uk

Email: holiday.care@virgin.net

Riding for the Disabled

Head office 02476 696510

Leonard Cheshire 01295 811398

(Volunteers for assisting disabled to undertake their hobbies)

Information on **country parks** and facilities available for the disabled at these venues contact **01604 237227**

Transport

Northampton Door to Door Service

01604 611214

Equipment services

Community OT Therapy service

01604 658411

Occupational therapy wheelchair specialist

01604 658423 .

Advocacy Northamptonshire

01604 639813

Northampton Carers Centre

01604 232500

Health advice. NHS direct (24hrs)

0845 4647

Age Concern

01604 611200

Benefits Agency

01604 446100

Citizens Advice Bureau

01604 636000

Welfare Rights

01604 636112

Independent Choices

01604 639813

Sailability (Pitsford water)

079 525 793 80

www.northamptonsailability.org.uk

Ability Northants

01604 624088

Care & Repair

01604 588604

Care and Repair Daventry

01327 302322

Carers response team

Northampton 01604 611200

Daventry/South Northants 01327 701681

Kettering/North Northants 01536 312412

Carers signposting

01604 624088

Www.caringnorthants.org.uk

