



**FEB
2006**

Physical Disability User Group

Welcome to the Winter Edition of Bright Ideas.

I hope you all had a peaceful Christmas.

A tribute to my hero

Whilst on the word of Christmas I wish to mention a man who provided me and many others the inspiration, council and example of how to conduct oneself.

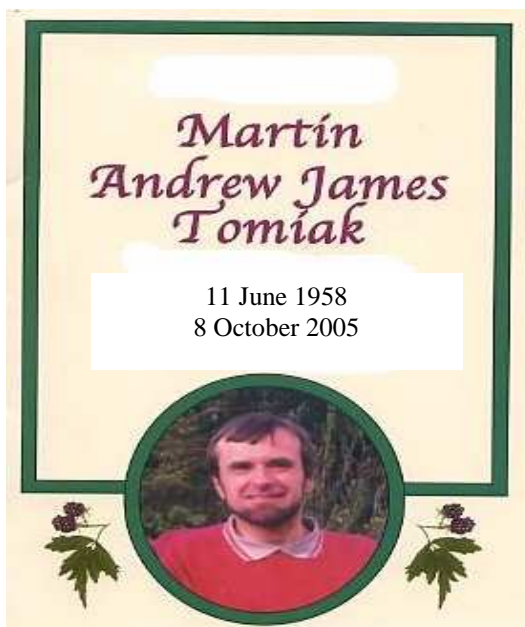
For those of you who had the privilege of knowing Martin Tomiak you will not be surprised to hear that at his funeral numerous people also expressed this view to a packed congregation at Moulton Parish Church on the 18th October 2005. Although Martin will be sorely missed especially by Ruth and his children it was comforting to see how the family's strong faith supported them throughout their torrid times.

Martin is no longer with us in body, however I will always remember a wise comment from Martin after we had successfully fought the then local Health Authority to keep Favell House open and I quote.

“Ian, the enemy is still there, its just not so easy to see anymore”

At the time I did not fully appreciate or understand Martin’s

statement but looking back on the way the Manfield site development has gone I am sure you agree that Martin's statement has not only proved to be true but also indicated how Martin had the gift of perceiving people’s real motivations behind their actions.



PDUG Funding update.

After jumping through numerous hoops and abiding by the lottery board’s rules and regulations we have finally managed to obtain funding. There is money available for travelling expenses etc so please do come along to any meeting if you wish.

Manfield site saga.

On pages 10,11 and 12 I have listed the main facts given in a presentation to the Heartlands PPI Forum on the PDUG perspectives on long term conditions.

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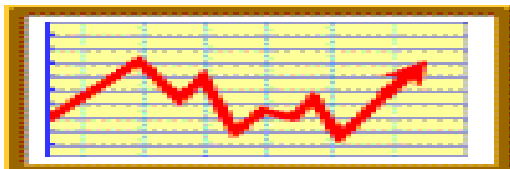
RECONFIGURATION OF PRIMARY CARE TRUSTS.

You may or may not be aware but at the present time a consultation process is underway to discuss the proposal to reduce the number of Primary Care Trusts.

The reasons stated for this are quoted verbatim, from the two presentations I have attended . The first ones came from the presentation I attended in Kettering for the PPI meeting with **Heartlands PCT**.

Heartlands PCT Aims

- To secure high quality services
- Improve the health of their local population
- Improve public involvement
- Improve commissioning and the effective use of resources.
- Improve co-ordination with social services
- Manage financial risks and achieve financial balance.
- Improve engagement with General Practitioners and roll out practice based commissioning.
- Deliver at least 15% reduction in management and administration costs.



The other presentation I attended was at the Guildhall and was a meeting of the **Northampton PCT** and their PPI Forum.

Although the presentation was delivered differently and by different Chief Executives the aims were the stated as being the same. Again I quote verbatim.



Northampton PCT Aims

- Secure high quality, safe services.
- Improve health and reduce inequalities.
- Improve engagement with GP practices to roll out practice based commissioning
- Improve public involvement
- Improve commissioning and use of resources
- Improve co-ordination with social services
- Deliver at least 15% reduction in management and administration costs.

The only aim missing from the Northampton PCT's which was stated in the Heartlands presentation was

Manage financial risks and achieve financial balance

As is plain to see both Trusts intend to reduce costs by reducing management and administration costs. This will inevitably lead to job losses amongst these professions. My concern is that they hang on to the ones with the correct attitudes and skills.

DON'T THROW THE BABY



AWAY WITH THE BATH
WATER!!!

Timetable for the new configuration of the PCTs

October 2005-

Local health economies submit their proposals and recommendations for changes to the configuration of primary care trusts.

December/January 2006-

Department of Health consults nationally on new PCTs

October 2006

New PCTs come into operation.

Options being put forward

Option one.

Three primary care trusts

- One PCT for the city of Leicester
- One PCT for the remaining county areas of Leicestershire and Rutland
- One PCT for the county of Northamptonshire

Option two

Four primary care trusts

- One PCT for the city of Leicestershire
- One PCT for the remaining county areas of Leicestershire and Rutland
- One PCT for the north Northants, covering Corby, Kettering, Wellingborough and East Northants.
- One PCT for Northampton, Daventry and South Northants.

The option I believe that will be best for the Users is option two with each PCT being responsible and accountable for commissioning one type of service. I say this as I believe option one is a step too far, we may lose the “local touch” with the workforce not being as accessible or able to manage the workload.

Independent Patient and Public Involvement Forums

In 2006 there are going to be a lot of changes in your local NHS. The following meeting dates give you an opportunity to comment how well your services work for YOU and what you feel could be done to make them better.

Remember PPI Forums are groups of volunteers who are backed by law to allow them to make a real difference and exist to represent the views of people from all walks of life.

GET INVOLVED AND HELP MAKE A REAL DIFFERENCE

Call Rachael or Sarah on 01933 271 300 or email northants@patientsforum.org

PPI Forum dates for Daventry and South Northants

Wednesday 22nd February
Friday 24 March (in public)
 Wednesday 26 April
Friday 26 May (in public)
 Wednesday 21 June

Public meetings 10am-12pm

RULES

Meetings not held in public scheduled for 6.30 pm. Venues for these meetings will be confirmed on a month by month basis. Agendas will be sent out a minimum of 7 days prior to the meeting. Members of the public will only be invited to those meetings being held in public. Permission to attend non-public meetings as an observer may also be given following a specific request to the relevant forum.

PPI Forum for Kettering General Hospital.

Tuesday 14 February
Tuesday 14 March (in public)
 Tuesday 11 April
Tuesday 9 May (in public)
 Tuesday 13 June
Tuesday 11 July (in public)
 Tuesday 8 August
Tuesday 12 September (in public)
 Tuesday 10 October
Tuesday 14 November (in public)
 Tuesday 12 December
 All meetings held between 7-9 pm. Same rules apply.

PPI Forum for Northamptonshire Heartlands

Thursday 23 February
Thursday 16 March
 Thursday 20 April
Thursday 18 May
 Thursday 15 June
Thursday 20 July
 Thursday 17 August
Thursday 21 September
 Thursday 19 October
Thursday 16 November
 Thursday 21 December
 All meetings will be held between 1.30–4-30 pm same rules apply. Bold in public

PPI Forum for Northampton General Hospital

Thursday 9 February
Thursday 9 March
 Thursday 13 April
Thursday 11 May
 Thursday 8 June
Thursday 13 July
 Thursday 10 August
Thursday 14 September
 Thursday 12 October
Thursday 9 November
 Thursday 14 December.

All meetings will be held between 10 am– 12 pm. Same rules apply. Bold in public

Expert Patient Program

Long-term conditions account for a high proportion of NHS time and resources – around 80 per cent of GP consultations relate to chronic disease and patients with chronic disease or complications account for over 60 per cent of hospital bed days. One of the policy goals for managing long-term conditions in the UK is to reduce general practitioners (GP) consultations and episodes in hospitals, whilst promoting the health and well-being of patients.

History and development of the EPP

There have been some notable advances in patient empowerment in recent years; this has been encouraged by government initiatives such as patient involvement forums, NHS Direct, and self management programmes

The Expert Patients Programme (EPP) is a lay-led self-management training programme that provides opportunities for people living with long-term conditions to develop new skills to manage their condition better on a day-to-day basis.

- The course looks at.
- Relaxation techniques
- Dealing with tiredness
- Exercise
- Healthy eating
- Coping with depression
- Communicating with family, friends and professionals
- Planning for the future.

For more information contact the Patient Relations Unit
Northampton PCT
Highfield
Cliftonville Road
Northampton
01604 615305

GET INVOLVED AND HELP MAKE A REAL DIFFERENCE.

COMMUNITY SERVICES ROADSHOWS

Northampton County Council invite you to a public information road show.

- Do you need support and care now, or feel you or a relative may in the future?
- Do you want to stay at home, living independently for as long as possible?
- Are you an unpaid carer?
- Do you work in the caring profession?
- Do you know what help is available in the County?

Go to a roadshow in your area.
They are going to

- Launch the new community services information pack.
- Launch the new Better Care Higher Standards Charter
- Put on lots of stands and stalls giving advice and information.

The following dates are still applicable.

Willow centre Corby 10th February 2006
Cornmarket Hall Kettering 1 March 2006

For more information, telephone 01604 237615.

Trivia.

As I have said before don't blame me!

(One from our old friend Mr. Paul Wilkins.)

A man traveling in a railway carriage with a Lady with a baby was constantly crying. He asked

“What's the matter Madam?”

She replied “ People keep saying my Childs ugly”

He replied" I am sure it's not ugly, why don't I fetch you a cup of tea from the buffet and a banana for your monkey.”

During a visit to the mental asylum, a visitor asked the Director what the criterion was which defined whether or not a patient should be institutionalized.

"Well," said the Director, "we fill up a bathtub, then we offer a teaspoon, a teacup and a bucket to the patient and ask him or her to empty the bathtub."

"Oh, I understand," said the visitor. "A normal person would use the bucket because it's bigger than the spoon or the teacup."

"No." said the Director, "A normal person would pull the plug. Do you want a room with or without a view?"

Where have you been!!

Sometimes women are overly suspicious of their husbands. When Adam stayed out very late for a few nights, Eve became upset. "You're running around with other women," she charged.

"You're being unreasonable," Adam responded. "You're the only woman on earth." The quarrel continued until Adam fell asleep, only to be awakened by someone poking him in the chest.

It was Eve. "What do you think you're doing?" Adam demanded.

"Counting your ribs," said Eve.

**New seatbelt design:
45% less car accidents!!**



Ability Northants Training 2006

The following topics will be available during 2006. Sessions will be limited to a maximum of 15 attendees, so register your interest now.

The Disability Discrimination act 1995 and 2005 amendments.

Part 111 Service provider responsibilities.

Part 11 Employer responsibilities

Overview of part V and relevant updates.

Disability Awareness training

DDA Part 111 Discrimination by Service Providers

DDA Part 11 Discrimination in employment

Carrying out needs analysis

20 Feb DDA amendments 2005	9.30-12-30
20 Feb DDA amendments 2005	1.30-4.30
20 March Disability awareness	9.30-12-30
20 March Disability awareness	1.30-4.30
17 April Disability awareness	9.30-4.30
22 May discrimination by a service provider	9.30-12-30
22 May discrimination in employment. Carrying out needs analysis	1.30-4.30
19 Jun Disability awareness	9.30-4.30
17 Jul DDA 1995/2005 part 111 and part 11	9.30-4.30
21 Aug DDA amendments 2005	9.30-12-30
21 Aug DDA amendments 2005	1.30-4.30
18 Sep Disability awareness	9.30-12-30
18 Sep Disability awareness	1.30-4.30
16 Oct Disability awareness	9.30-4.30
20 Nov Discrimination by a Service provider	9.30-12-30
20 Nov discrimination in employment. Carrying out needs analysis	1.30-4.30
4 Dec Disability awareness	9.30-4.30

Certificates of attendance will be issued for continuing professional development purposes.

For further information, visit website

Www.abilitynorthants.org.uk

Phone 01604 624088

Enterprise Training Project

Basic computer skills

Personal development

Getting a job course

Internet/Email

One to one computer training.

Mobile Services.

They are also able to offer one of sessions for completing job applications. Facilitating at interviews.

Computer operations for your home system

Courses are available in Northampton, Corby, Irthlingborough

**TELEPHONE 01604 603045
01536 406085.**

The service is free of charge to any person with a disability or impairment.

FERN Training and Development.

If you are receiving incapacity benefit or other benefits with a disability premium and you want to get back to work then you may be eligible for:

New deal for disabled people.

CALL 0800 b783 5216

Quoting ref NDDP 006, up to £200 job start grant available.

Northampton Arthritis care link group.

The above group have meeting every month. These meetings can help you share your fears, support others and enable you to share experiences with others. They organise social activities and all family and carers are welcome.

They meet on the fourth Thursday of the month from 7.15-9.00 pm at Eleanore House, Buttermere Close.

For further information ring 01604 767533 or 0115 9525522 or just turn up.

For younger people (up to 46 years of age) please contact 01604 587915)

Swimming Arthritis Care.

Fairfield pool Mondays 5.00-6.00 pm
Kingsley Road Wednesdays 5.00-6.00 pm.
Cost £2 per session Gentle exercise
Contact Karen 01604 587915

Trinity pool Saturdays 1.00pm– 2.00pm
Session free

Fairfield's pool Monday 7.00 pm 8.00 pm
Kingsley road 8.00pm 9.00pm

Contact 01604 716228



Swimming for the Disabled

Classes held at Duston pool, Berrywood Road

Saturday 5.00pm-6.00 pm

Daventry

Thursdays 9.00 10.30 am

Contact Daventry dolphins 01327 340715 (Dorothy)

Fairfields pool

Sundays 6.00 pm 7.00 pm

Contact June Wooding 01604 716228

Permitted work

The permitted work rules have been developed to support the Government's commitment to removing barriers to work for people with long term health problems who want to take steps back to work. They strengthen the aim of work as a stepping stone off benefit and into employment. They remove the requirement that the work must be therapeutic.

The new rules took effect on 8 April 2002 and apply to people who are getting one of the following benefits because of illness or disability:-

- Incapacity Benefit
- Severe Disablement Allowance
- National Insurance Credits
- Income Support, Housing Benefit and Council Tax Benefit

They also allow people to earn small amounts to help them maintain contact with the labour market and for social inclusion purposes. One of the new rules states the following.

Customers can work and earn no more than £20 a week, at any time, for as long as they are on benefit. DWP staff refer to this as Permitted Work Lower Limit (PWLL);

DISABILITY NETWORK SOUTH MEETING DATES 2006

Disability Network South meetings are for anybody interested in Disability related issues All meetings are at 12. 15 pm for a 12.30 pm start. 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
NN4 0RZ**

Wednesday 5th April 2006
Thursday 24th August 2006
Tuesday 5th December 2006

**Towcester Health Centre
Swinneyford Road
Towcester
South Northants
NN12 6HD**

Monday 20th February 2006
Tuesday 13th June 2006
Friday 27th October 2006

**Ability Northants, 13 Hazelwood
Road Northampton , NN1 1LG
Tel: 01604 624088 Fax: 01604 605124**

Email:
louise.shaw@abilitynorthants.org.uk

ABILITY NORTHANTS DISABILITY INFORMATION SERVICE.

- Ability Northants can provide information, help and advice on any disability related issues to anyone .

- Their enquiries are extremely varied, involving anything from providing details of accessible holidays to transport, housing needs, equipment and adaptations, finding support groups etc- etc.
- Last year they helped more than 7,000 people.
- They have a database that holds information on thousands of organisations and services, not only local but across the Country



As well as working from their offices in Northampton, they also go out to Wellingborough, Corby and Oundle to do drop in information sessions.

HISTORY BEHIND MANFIELD SITE DEVELOPMENT

The following notes are extracts from a presentation given to the Heartlands PPI forum on the PDUG stand on long term conditions. Although they do not contain all the facts given in the presentation I hope they explain why the PDUG cannot accept the present state of affairs on the Manfield Health campus.

Favell house which opened in 1974 originally had 20 inpatient beds and an additional 12 places for day care, it served mainly the Northampton area and was predominantly for people with long term degenerative illnesses who had complex needs.

After the FHUG successfully prevented the closure of Favell house around 1997 a comprehensive county wide mapping process was facilitated by Northampton Community Healthcare trust into physical disability services. Numerous organisations and 100's of people attended these mapping days. Key Points which came out of the mapping process which I wish you to keep in mind were **Inequalities in palliative care, Joint commissioning.**

After the mapping process was completed a working group put together a list of options for how the future services should be commissioned. The agreed option reflected what Users of services had been advocating for a great number of years.

Specialist health services for people with complex needs which cannot be delivered adequately in an environment principally designed for those who do not have severe

physical disabilities.

Joint services to provide a seamless service so the User is not passed from pillar to post trying to obtain what they require. This option had been arrived at by true User Consultation with no opportunity overlooked for gaining user input.

Shortly after the mapping process Northampton Community Healthcare arranged output specification training and workshops days to put together service specifications for Favell House, Physical Disability Resource Team, Palliative care (Cynthia Spencer), equipment loans and other support services related to Physical Disabilities.

The primary **function** of an output specification is to provide sufficient information for a design team to enable the production of development proposals without imposing unnecessary **constraints** upon the ability of designers to adopt new solutions.

Prior to all this work that had taken place around 2000 a study had already been completed into Palliative care in 1995. This paper had already brought to the attention of Executives the palliative care needs of the county. It quite clearly stated in this paper that palliative care relates to all incurable illnesses with a relatively limited prognosis, not just cancer.

The key recommendations from this task Group were

a. The development of palliative care skills across a range of settings.

b. An increase in emphasis on evaluating the populations needs for palliative care

services

c. The development/reprovision of a more equitable service across the county.

d. The development/reprovision of palliative care services into more local settings.

Palliative care defined by the World Health Organisation as “Active total care of patients and their families by a multi-professional team when the patient’s disease is no longer responsive to curative treatment”.

Numerous professionals and lay people still associate palliative care with end of life and just people who have cancer. It is just as applicable to people with long-term illnesses such as Multiple Sclerosis. Motor Neurones disease etc as it is to cancer sufferers and this was made known to those in authority back in 1995.

Coming back to 2000 the putting together of the output specifications was followed by option appraisal workshops organised by Northampton Community Healthcare Trust.

The outcome from this option appraisal workshop yet again highlighted the similar palliative care needs of people with long term degenerative illness to those with cancer and was confirmed by the option appraisal process. The agreed way forward was a new rebuild on the Manfield site sharing facilities with Cynthia Spencer.

Although some professionals assumed the plan was based on a straightforward re-provision of Favell and Cynthia Spencer it was apparent that in order to abide by the principles and deliver an equitable palliative care service it would be necessary to conduct a county wide palliative care needs assessment before approving the full business case for this

particular element of the service.

This was quite clearly stated by the Chief Executive Of Northamptonshire NHS Trust in a letter and copied to those who had taken over the project at the time-- Julie Squire Chief Executive Daventry and South Northants PCT Mary Burrows Chief Executive of NPCT, Louise Clarke, Jim Hawley, Jackie Phillips.

So yet again it was highlighted to relevant parties that a County wide needs assessment should be completed into palliative care due to the fact that palliative care relates to people with long term degenerative illnesses not just those with cancer and this should be completed before signing off this part of the full business case.

PALLIATIVE CARE IS——

Active total care offered to a patient with a progressive illness and their family, when it is recognised that their illness is no longer curable, in order to concentrate on the quality of life and the alleviation of distressing symptoms.

So how did the project go after all this user consultation when the project was passed into the hands of Northampton and Daventry and South Northants PCT’s Cynthia Spencer Hospice and Favell House have just been repositioned on the Manfield site with no integration. We have two separate reception entrances, two-day rooms, two nurses stations, two nurses offices, etc etc.

Favell House has gone from an original 20-bedded unit to a new 10-bedded unit for the whole of the County for people with physical disabilities and complex needs in the intermediate care sector

Compare this to where we have 4 new jointly commissioned intermediate care centres run by Shaw healthcare to meet

this increasing need for the elderly who need intermediate care to reduce the pressure on acute beds.

The population of Northamptonshire is predicted to increase by 27% by 2021 and 52% by 2031

The average age of the population is increasing

People with more severe disabilities are living longer.

Care in the community provided by social services is not designed for people with complex needs in mind..

So how did we get here?

After the County Wide Consultation was completed instead of the design being completed by a design team with no vested interests the PCTs set up a project team which consisted of Managers from both Favell House and Cynthia Spencer along with administration staff and therapy staff all with a vested interest in maintaining the status quo, and to my knowledge no previous experience in project management. Finally to put the finishing touches to the project a local architect was chosen for the job of designing the re-build. I hasten to add there were no Users on the team.

The service **output specifications** were unworkable due a reluctance to integrate and resulted in a design, which was not in the Users best interests. When the User Group eventually saw a drawing and was asked to sign up to the full business case they refused on the grounds that it did not meet the previously agreed principles. i.e.

Equity of access; How could this be met when beds for the physically disabled with complex needs had been reduced with no visible integration between the services.

Best use of resources, the £5.5 million, which was raised by moving some Physical Disability services of site, had only resulted in 10 beds. *Recent evidence*

of unit costs for new-build district general hospitals suggests an approximate cost per bed-space of £64,000.

Consistency, Project managers had changed, agreed way forward about integrating the two services had changed, initial costs had changed, Strategic direction for cancer services from the NHS changed. Northampton PCT decided to go their own way to try and address national targets. All this resulted in the initial project capital costs going up from £6.1 million to £9.7 million which means the average costs of the 30 beds worked out at £323,000 each. This was in spite of the land already being owned by the NHS.

User Control, none existence

Joint working, no integration of tasks or resources

The only principle that had been met was **relevance**.

The two services had just been repositioned on the Manfield site and had not integrated. The project still went ahead despite objections in writing to Julia Squire Chief Executive of Daventry and South Northants PCT, Linda Houldcroft performance manager (SHA) and Sir Richard Tilt chairman of the (SHA) The Full Business Case appeared to have been signed off without the countywide needs assessment into palliative care being included. The User Group eventually managed to receive a copy of this needs assessment but only after going through the local PPI forum.

NOW YOU KNOW WHY THE PDUG CANNOT ACCEPT THE PRESENT STATE OF AFFAIRS.

Welfare Rights Advice Service.

Do you require free independent and confidential advice on welfare benefits or dept. Would you like more information about:

- Tax credits
- Maternity Benefits
- Income support
- Disability living allowance
- Attendance Allowance
- Carers Allowance
- Pension Credit

Housing/ Council Tax Benefits

If so go to any of the following venues.

To book an appointment or for advice
 Tele: 01604 636112
 Mon, Wed 9.30-12.30 2-00 4-00
 Tue, Thur 2-00 4-00
 Frid 9.30-12.30

Towcester Volunteer Centre, Moat Lane,
 Towcester.
 Tele 01327 358263
 1st and 3rd Thursday each month
 9-30-12-30. (appointments)

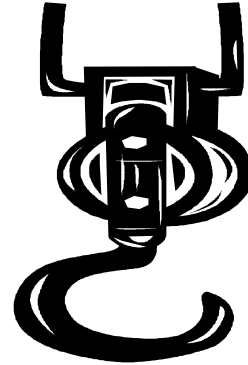
Brackley Volunteer Centre, Market square,
 Brackley.
 Tele 01280 841250
 2nd and 4th Thursday each month
 9-30-12-30 (appointments)

Good News All Round.

There is a stair lift and ceiling track hoist that is on offer to anyone who requires one. The equipment has been removed from Mandy Clayson's house so if you know anyone who needs these please call either Keith on 01604 408591 or Mandy on 01604 404543. The ceiling track hoist comes complete with a bend and the stair lift was for a stairwell with 13 steps.

EDITORS NOTE- If you are unsure how

to fit these there are numerous companies around that will do this at a fraction of the cost of having new ones fitted. If you require their numbers give me a ring and I will point you in the right direction.



For those of you who remember Mandy Clayson she has now found a new partner and has a baby girl who is 6 months old. She is also keeping Ian's father rather busy as he still has close contact with Mandy.



I am sure you agree. Good news all round!!

USEFUL CONTACTS

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.

Disability Employment Advisor

Mick Leonard 01604 446157

Incapacity Benefit Advisor

Clair Mackintosh/Gill Whitlock
01604 446215
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 kgould-

ing@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 people

01604 764678

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.ukEmail: 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

01933 664800

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

01933 664800

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**Two Shires Ambulance Service**

Patient transport liaison officers

Kettering 01536 492344

Northampton 01604 545858

Peterborough 01733 262692

Physical Disability User Group

To contact the User Group & Bright
Ideas

Tel 01604 406710

Email

iantopp@btopenworld.com

9 Holman Close

Weston Favell

Northants

NN3 2TF

To contact the PDRT
Manfield Health Campus

Kettering Road

Northampton

NN3 6NP

Tel 01604 678021

User Group Meetings.

The next User Group meeting will
take place on
Friday 17th Feb 2006

1.30 pm Tea/Coffee

2.00 pm meeting starts

4.00 pm approx finish

At the

DODDRIDGE CENTRE.

109 Saint James road

Northampton



If you are still unsure where to go for the User Group meetings please
ring 01604 406710