



BRIGHT IDEAS



**January
2004**

Physical Disability User Group

Physical Disability User Group For Favell House and PDRT Users.

A happy new year to all our readers. We hope that you had a peaceful and enjoyable Christmas. If not well the bad news is it's only 11 Months 'till the next one!

User Group Meetings

Before I forget I must remind everyone that the venue for our User Group meetings has changed to the Doddridge Centre on St James Road. Please see the back page for further details. If any User wishes to attend they will be more than welcome. A User is anyone who has used the services of Favell House or the Physical Disability Resource team, be they a family member, Carer or direct User of the services. You do not have to pass an interview to become a member, as one individual thought. If any one out there does wish to come to the User Group meetings but is apprehensive for whatever reason please give us a ring, I am sure we can overcome any problems. The number is on the back page. The Doddridge centre is fully accessible with disabled loos and parking. It also has a café should you be feeling peckish,

Thank you!

On. Behalf of the User Group I wish to thank all of you who took the time and trouble to return the questionnaire which related to the User Group and the newsletter; without your valid comments we have no way of knowing if we are delivering what you require. For those of you who did not return the questionnaire, but are somehow still reading this and wish to receive a copy of Bright Ideas please let us know. The results of the survey are on the inside pages.

Website.

After many trials and tribulations Zoë has managed to launch the User Group's web site. Although in its infancy we hope it will provide a wealth of information for all involved in the physical disability services over the forthcoming years. For those of you who do not use a computer for whatever reason please rest assured, the newsletter will continue. The site is up and running but it is still in the process of development.

www.pdugnorthants.org.uk

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Bright ideas survey.

A total of 339 questionnaires were sent out.
 299 to Users of the service
 40 to different organisations or individual staff who work for these organisations.

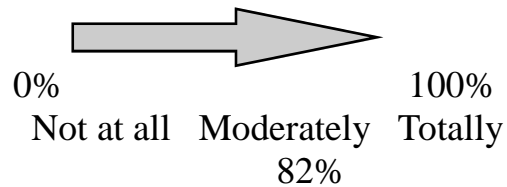
A total of 139 were returned by the 06/01/04
 121 by Users of the services. (40%)
 18 by different organisations or individual staff who work for these organisations. (45 %)

As not everybody answered all the questions on the returns the results have been calculated by using the total number of people who answered each individual question.

Results from **User** returns

Newsletter questionnaire

Do you wish to continue to receive the newsletter Yes 91% No 9%
 Bright Ideas?



Do you think the newsletter keeps you informed about services?

What else would you wish to see in the newsletter?

	Less	Same	More
More information on Services available?			82%
More information on future initiatives for service improvements?			80%
More transparent information of services available?			77%
More contributions from Users?			78%

User group questionnaire

Are you aware of the roles and responsibilities of the User Group? Not at all. Moderately. Fully
 71%

	Yes	No
Have you seen a copy of the User Group leaflet?	73 (72%)	29 (28%)
Do you want a copy of the User Group leaflet?	47 (51%)	45 (49%)

Do you wish receive minutes and agendas of User Group meetings?	59 (58%)	43 (42%)
If you are a User would like to become more involved with the User Group's role in interviewing?	13 (14%)	85 (86%)

Results from **Organisations & Staff**

Newsletter questionnaire

Do you wish to continue to receive the newsletter Yes 94% No 6%
Bright Ideas?

	Not at all	Moderately	Totally
Do you think the newsletter keeps you informed about services?		77%	

What else would you wish to see in the newsletter?

	Less	Same	More
More information on Services available?			91%
More information on future initiatives for service improvements?			84%
More transparent information of services available?			84%
More contributions from Users?			85%

User Group Questionnaire

Are you aware of the roles and responsibilities of the User Group?	Not at all.	Moderately.	Fully
			62%

	Yes	No
Have you seen a copy of the User Group leaflet?	4 (33%)	8 (66%)
Do you want a copy of the User Group leaflet?	10 (83%)	2 (17%)
Do you wish receive minutes and agendas of User Group meetings?	4 (31%)	9 (69%)
If you are a User would like to become more involved with the User Group's role in interviewing?	N/A	

Conclusions.

On behalf of all Users I wish to thank all of you who took the time and trouble in returning the User Group questionnaire.

It was a shame that we had such low returns given that a stamped addressed envelope was included to make things easy. However we must bear in mind that the survey did take place during the difficult period for the postal services in Northampton, it was interesting to read some postmarks on the returns. That aside it has told us that for those who did return the survey what they wish for is more of the same, with a slight emphasis on what services are available. The returns also contained some very valid points, requests and words of encouragement. These are listed below in no particular order of significance.

1. I find bright ideas interesting and informative.
2. The day may well come when I have to make more use of these services than I do now.
3. This person no longer lives here. In fact this place has not been a care home for over two years!
4. I wish to be cancelled from your list of people who attend your meetings. The original meetings were very supportive but recently the meetings have a different format and leave me feeling depressed at the state of affairs.
5. Why not tell us what you require.
6. Rather unwell, without help since the 21st March. Sorry unable to attend meetings.
7. Thank you for the hard work the PDRT User Group does in fighting for the silent majority.
8. Cost and labour saving devices.
9. Places where access is excellent and wheelchair users treated as equals X 2
10. Holidays for people with disabilities.
11. I am writing on behalf of someone who is not really interested in doing anything socially and is doing as well as can be expected with Parkinson's. Don't bother to send anything any more in future.
12. Convalescent Facilities, which are disabled accessible.
13. Cuts in services/additional services
14. More on Favell House
15. Thank you, to the User Group for fighting for the silent majority
16. Would be nice to see more contributions to Trivia page
17. Coping with a disability and a difficult teenager.
18. Financial help.
19. Do appreciate the work carried out, look forward to the newsletter and would miss it.
20. Results of suggestions– propositions.
21. Transport . Physical Fitness
22. Pubs places of interest& accessible information from Users, especially for those on a tight budget. Gardening tips/ideas.
23. Any information on learning on how to use a computer.
24. Cuts in services/ Additional services.
25. Favell House.
26. I find Bright ideas interesting and informative and the day may well come when I have to make more use of the services available than I do now.
27. I am interested in what others do socially, spiritually, leisure time, hobbies, education, health care exercise etc. etc. These activities show how we integrate (in spite of our disabilities) in to society.

28. When the government said the NHS would be free from the womb to the grave, why is there a heavy charge to keep people in a nursing home.
29. Very poor copy of "Proposed new build on Manfield site", unable to read it.
30. Bright ideas has been very informative but I no longer wish to receive a copy as my Husband is now in care.
31. I look forward to my copy and would like more on any subject.
32. Sorry to have opted out of the User Group but my illness has degenerated faster than expected. Appreciate all the work the Group do.
33. We appreciate all the time and effort.
34. I would very much like to become a member of the group but am unsure how to do it.
35. Is there any truth in the rumour that the staff are doing a calendar in the style of the movie calendar girls.? (Yes there was some truth in this rumour, turn to page 11)

Once again thank you all for taking part in the survey and please rest assured any comments made are completely anonymous. For those of you who have made specific requests for more information or have requested to take part in interviewing we will get back to you. As a point of note in this issue there is more information on Holidays with some additional contact numbers on page 15. With regards to other request we will endeavour to cover them in future issues. If you think you may be able to help with some of the requests please let us know and we can include it in the forthcoming newsletters. The address is on the back page.

On behalf of the User Group thank you all for your words of encouragement, they do help keep us motivated over what has been a rather stagnant period with regards to improvements in services for physically disabled people.



The week I went West by Julia Pearson

Mountainous Heights with Industrial Sites

In need of yet another break and using RADAR's *Holidays in Britain & Ireland— A Guide for Disabled People* I found a self-catering cottage near Abergavenny in South East Wales that sounded suitable and in an interesting area. (I had used this publication before and found it very helpful, giving details of accessibility and facilities.) So it was off to the valleys, boyo, and all that.

Mode of Transport

Now I now have a WAV (wheelchair accessible vehicle) complete with electric lift, things are much easier as I can take my electric wheelchair with me wherever I travel. Previously I had a car in which I could carry a manual wheelchair, and I needed someone to lift it in and out and to push me around. Being able to take the power chair gives me a lot more independence. However, as it was my holiday, my carer-companion did all the cooking!

Arrival at Elderberry Nook

The first thing one does is check that the place is suitable. (If it isn't, one might have to do an about-turn and return home!) Level access from the parking area led to the cottage which had wide doorways, ample space indoors and a sensibly designed shower room. There was a removable raised loo seat, with arms, which I was able to utilise as a shower seat. My bed was in the lounge and served as a settee in the daytime. It was very high which saved me a lot of energy when standing up. (There is a bedroom with double bed should the settee be too high for some peoples needs. However, there isn't much room in the bedroom for a wheelchair.)

Down a Mine

Well, I've been to some places in my time..... But down a mine? This was to be an exiting and intriguing first. The short journey to Blaenavon was up quite steep hills. It was here we visited "Big Pit", Wales National Mining Museum. Nothing electrical can be taken into the pit, so I transferred to my manual chair and our mobile phones, car keys, remote control for the lift, wheelchair cut-out key were all placed in a locker. We were kitted out with helmet, light and belt...and down we went in the lift—all 90 metres. Quite a strange feeling.

Once down, our guide, an amiable, chatty, humorous, well earthed Welshman, who used to work down the mines, took us on our tour—just for the two of us! (Whilst hundreds of others waited in groups.) We experienced total blackness, saw the coal face, heard all



about colliers, hauliers, pit ponies and of course methane gas... and canaries and Davey lamps (both are still used in modern mines) Our tour lasted fifty very full and interesting minutes.

Exclusive Disability Swimming 4.00-5.00pm

Starting 6 March 2004

This session offers the opportunity for children or adults of any ability the exclusive use of our swimming pool. The sessions are fully supervised by an NPLQ-qualified lifeguard. We have a wide range of floats and Buoyancy aids. Please provide your own one-to-one support or group support if needed. The pool is a 23 m indoor pool two thirds of which is a 1M depth.

We have an excellent accessible viewing area for spectators and additional large open changing facilities available with an accessible toilet. However there is a small step into and out of the footbath and steps leading down into the pool. We do however have a brand new pool hoist.

Cost Adults £2.25 Children £1.25 Carers go in for free.

The Willison Centre, Roade School, Stratford Road, Roade, Northamptonshire, NN7 2LP Tele 01604 864581 Email willisoncentre@talk21.com.

Holidays

(From the MS team spirit news)

Greenbank. Isle of Skye, comfortable self catering bungalow, purpose built for wheel chair users (accessibility grading: category one). Sleeps 4, both bedrooms en-suite; step free shower with sturdy lift up seat, self propelled wheel-in shower chair, central heating. Spectacular panoramic views. Sorry no pets. Contact Hazel Wotton on 01470 592369 or visit www.greenbankonskye.co.uk

Eastbourne Fully furnished wheelchair friendly bungalow, sleeps six. Bungalow

includes cooker, refrigerator, spin drier, colour TV. For more info contact Mrs Rice on 02084525464.

Holiday Care

If you require information on a specific location "Holiday Care" which is a charity may be able to provide you with the relevant information Tele 01293 774535. Holiday Care does not provide funding for holidays nor do they organise holidays. They provide an information service on transport, accommodation, visitor attractions, activity holidays and respite care establishments, both in the UK and overseas, so that people with all kinds of disability can take a holiday.

www.holidaycare.org

Leisure and Learning interests for people with a physical impairment. The following are extracts from the **Ryder-Cheshire Volunteers** leaflet.

RCV offers disabled people the opportunity to take up an interest of their own choice, in the fields of leisure, learning, sport and fitness. The service is tailored to the individual and can be:

A one to one pairing with a like minded volunteer.

An introduction to a special interest club

An involvement in voluntary work

An introduction to further education.

If you live in the South Northants region ring Jenny on 01280 704736 for more information.

REASONS TO STUDY ECONOMICS

You can talk about money without ever having to make any.

Mick Jagger and Arnold Schwarzenegger both studied economics and look how they turned out.

When you are in the unemployment line, at least you will know why you are there.

Single Assessment Process

The single assessment process overview pilot study is continuing.

Liz Bell who is the Facilitator informs us that the process has reached a stage where they are refining the NOAT document after receiving feedback from the pilot sites. (NOAT stands for Northampton Overview Assessment Tool). I am still somewhat concerned that the overview tool that has been developed may not deliver what it set out to do. This is purely my opinion and without wishing to demoralise all those people that have put a lot of time, effort and hence money into the project I will continue to support the project. That said I will not stand by and accept as gospel a document if at the end of the day it does not deliver what it set out to do.

IE.

1. Reduce the number of times the User has to provide the same information.
2. Facilitate the sharing of Users needs/wishes between different service providers.



Equipment Services

As you may or may not remember back in 2001 a Best value Review was completed into equipment services. This review resulted in a report 162 pages long which contained many recommendations for improving the service. My concern at the time was that the baseline assessment that had been completed was of limited value as it was not detailed enough. I.e. the report stated how many people had accessed the service but nowhere did it show how much had been spent on wages to how much actually went on equipment. For those of you who are unsure what a baseline audit is it is simply a picture of a service telling you where the resources are going. As any picture goes a picture is only as good as the scene it represents. Fortunately when completing a picture of a service you do not have to be gifted in the art of painting, however you must ensure it shows clearly what it is representing. I promised many moons ago that I would endeavour to try and obtain this true picture of the equipment services. Unfortunately having no authority as a User requests have up until now been fobbed off.

Rest assured the User Group has not forgotten. There will be a further update in the next edition.

Manfield Site Update

Fundraising

The fundraising is on track with the total raised so far being £650,000 as of the 5/1/04. The fundraising will now also involve approaching grant-making trusts both local and national with local fundraising events going on at the same time.

If any one has any ideas or wishes to raise funds please contact Rosie McLaughlin at the appeal office on 01604 678001

Proposed new build

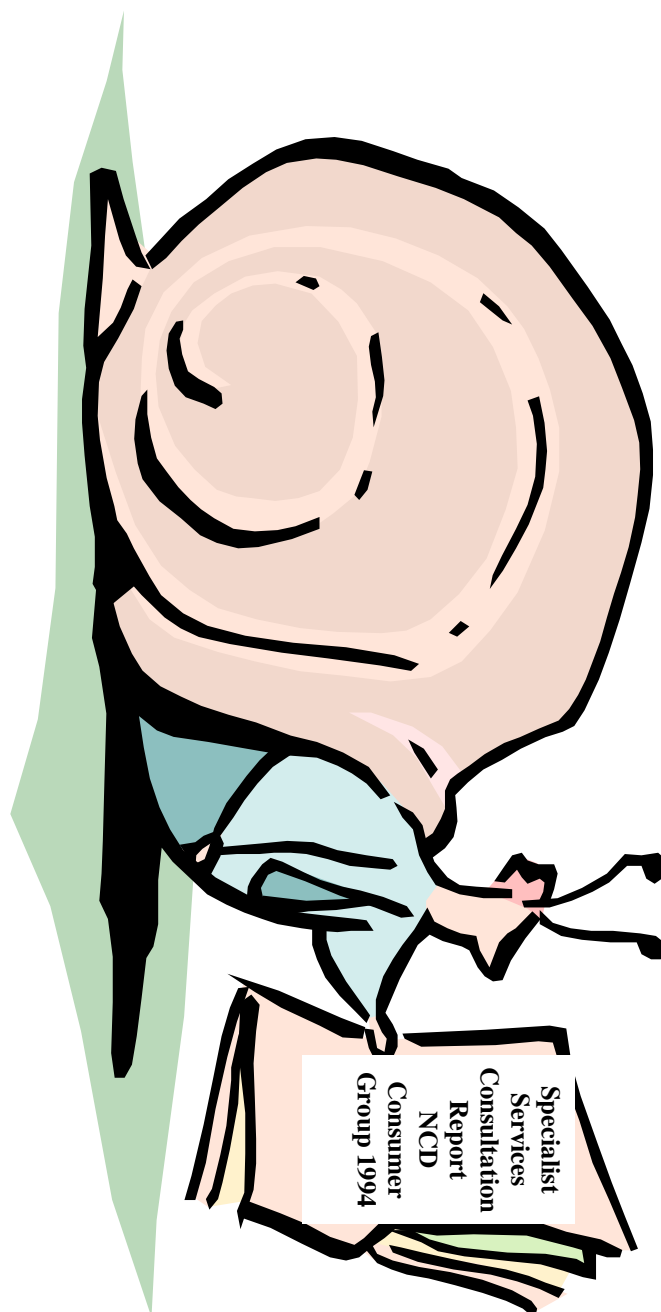
The tenders for the new build are due around the end of January beginning of February. With regards to the User Groups letter to the Strategic Health Authority NOT supporting the Full Business Case a reply was received from Linda Holcroft (Performance Manager (Capital) of the Strategic Health Authority.

Linda Holcroft's letter states that she was disappointed that we felt unable to support the case as it stands. I wonder if Linda Holcroft was as disappointed as we were after we had studied the proposed plan and it appeared that all we were getting for our £5.6 million was ten beds.

On a more positive note Andy Howard who is director of Integrated services has offered to work more closely with the User Group to agree future engagement in the project. We informed Andy at our last meeting that although we had been told what was happening under no circumstances should that be taken that we had been consulted in the putting together of the Full Business Case. We went on to say that the word 'consulted' means to advise and under no circumstances would we have advised that 10 beds was sufficient to provide a County wide, respite and crisis facility. To be fair to the health services it must said that the lead

for the Joint Social Care and Health Strategy for the Physical Disability services was Social Care and Health and progress has been slow in this area. Andy also went on to say that plans are afoot to put forward a Full Business Case for a hydrotherapy service and his feelings were that the ideal site would be the Manfield site.

Yet more positive news is that Lynne Jones who works for Social Care and Health as the Commissioning Manager has offered to attend a User Group meeting in March Has the time come when Social and Health get together?



Are you lonely?

Hate having to make decisions?

Rather talk about it than do it?

Then why not

HOLD A MEETING

You can: Get to see other people

Sleep in peace

Offload decisions

Learn to write volumes of meaningless notes

Feel important

Impress (or bore) your colleagues

And all in work time!



‘Meetings’

The practical alternative to work

(Remember Never Judge by what is said, always judge by results)

Christmas Traditions and their origins.

One particular Christmas season a long time ago, Santa was getting ready for his annual trip....

But there were problems everywhere.

Four of his elves got sick, and the trainee elves did not produce the toys as fast as the regular ones, so Santa was beginning to feel the pressure of being behind schedule. Then Mrs. Claus told Santa that her mum was coming to visit. This stressed Santa even more. When he went to harness the reindeer, he found that three of them were about to give birth and two had jumped the fence and were out, heaven knows where.

More stress. Then when he began to load the sleigh one of the boards cracked and the toy bag fell to the ground and scattered the toys. So, frustrated, Santa went into the house for a cup of coffee and a shot of whiskey. When he went to the cupboard, he discovered that the elves had hid the liquor and there was nothing to drink. In frustration, he accidentally dropped the coffeepot and it broke into hundreds of little pieces all over the kitchen floor. So he went to get the broom and found that mice had eaten the straw it was made from. Just then the doorbell rang, and Santa swore heavily on his way to the door.

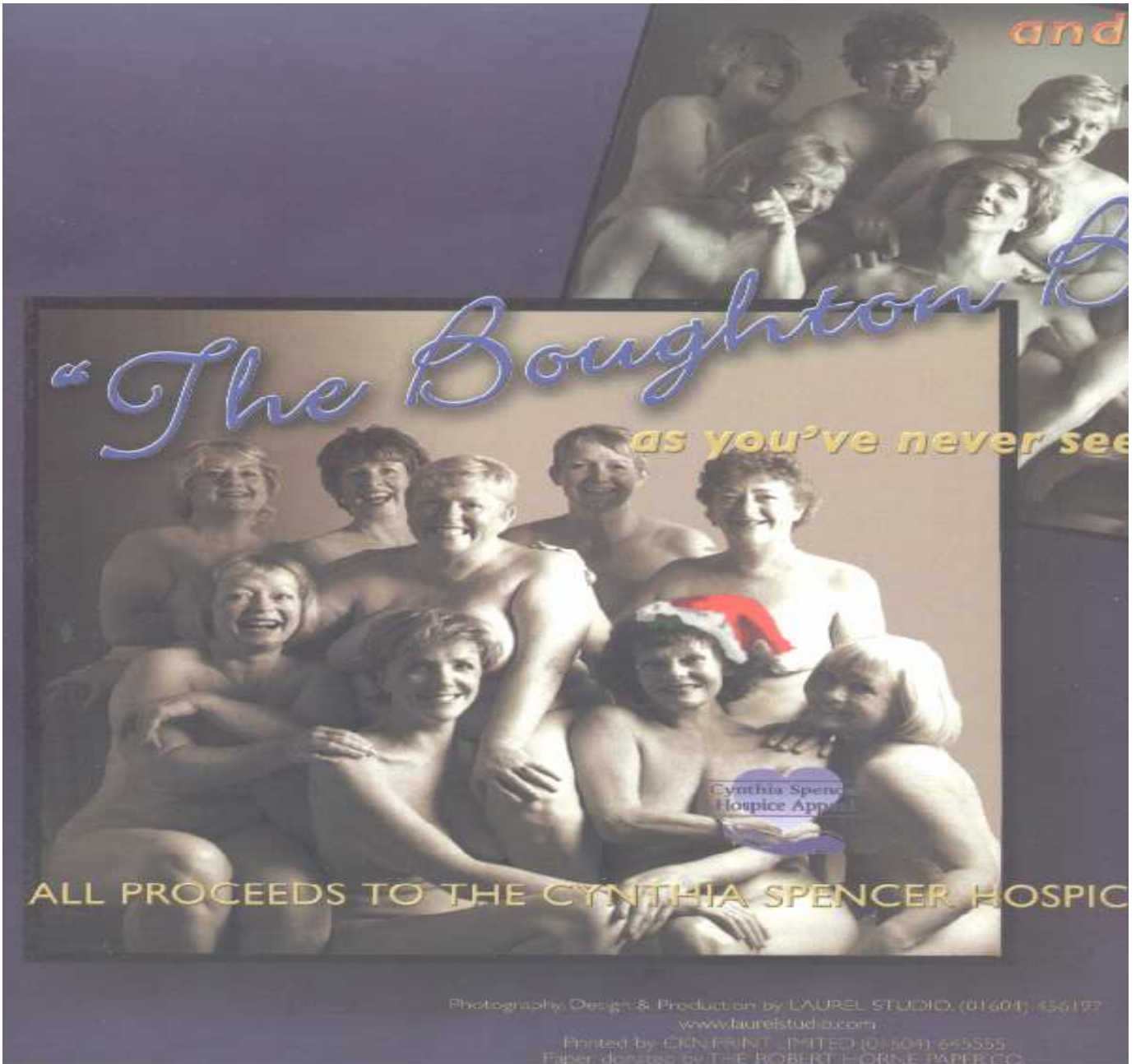
He opened the door and there was a little angel with a great big Christmas tree. The angel said, very cheerfully, "Merry Christmas Santa. Isn't it just a lovely day? I have a beautiful tree for you. Isn't it just a lovely tree? So where would you like me to stick it?"

Thus began the tradition of the little angel on top of the Christmas tree!

(Courtesy of Peter Barltrop)

The Boughton Belles

Do you recognise any of the ladies? Well in case you don't recognise them with their clothes off these are the brave ladies from Cynthia Spencer who have posed to raise funds for the new build. At the last count the Calendar had raised approx £14,000,. Its just goes to show you don't need to spend thousands on market research to find out what sells. Copies of the calendar can be obtained



from the Friends of Cynthia Spencer appeal office for £10. I am sure you will agree you're getting a lot for the money. Well done to all involved.

Continued from page 6

Meandering

Later we drove slowly round the Monmouthshire lanes towards Llanellen, skirting Abergavenny, where we stopped to shop, then to Llantilio Crossenny, where we admired the view. From here we went to the ruined White Castle which was closed but still looked resplendent. Then down winding narrow lanes we ended up in Monmouth and headed homewards via Mitchel Troy and delightful Usk. Nearer Pontypool we drove up to "The Folly" where there were panoramic views. This had been built in the early 1700's but was destroyed during the war and only rebuilt in 1994.

Beautiful Sights

The Wye Valley is a must! We headed for Monmouth. This pretty town, bustling with country folk, was fairly easy to get around in the electric wheelchair. (Some towns didn't have enough dropped kerbs but most places had disabled loos) Monmouth's splendid Church was originally a Benedictine monastery but had fallen into disrepair after the Dissolution and was restored in the 18th century.

We headed on to Symonds Yat. Once we'd found the right road, we aimed for the famous Yat Rock. Here we had our picnic... luscious faggots (again) and home-made Welsh pies. Scrummy. The famous view was wheelchair accessible and as lovely as anticipated. We even saw a Peregrine Falcon (or so we thought! Well, the RSPB man looked pretty excited!)

We then slowly made our way along this truly delightful valley with its heavily wooded sides and peaceful river. Eventually we reached Tintern Station which was quaint and pleasant, the carriages used as a shop and museum again being accessible.

On to Tintern Abbey. This magnificent place, which has inspired many through the

years, stands ruined yet somehow still resonant with the sounds of rejoicing! We added to that by singing Evensong for the eve of St James (much to the consternation of one or two other visitors!) With guidance from a plan handed to me at reception, I was able to get around most of the Abbey ruins in my wheelchair.

A day of high emotion

On another day we made our way to Aberfan, where the dreadful disaster of 21st October 1966 had happened. First we went to the Garden of Remembrance which stands on the site of the school which was buried by the awful slag slide' Here we sat quietly before we went to the cemetery where it was a long, steep climb up to the Memorial and graves. It was very emotional reading the plaques with ages of children- 7 year olds, 10,9,11. When we were back in the van we played a Mozart Mass in memory of all the victims—116 children and 28 adults. What struck us both was that every family must have been somehow affected as Aberfan is not a big place.

Driving round Merthyr Tydfil, once Britain's largest ironworks, we came to the Brecon Mountain railway, all wheelchair accessible. We had lunch in the café, bought our tickets... then WOO! WOO! (That's the train whistle) Off we went. We'd been placed in a carriage suitable for wheelchairs and at first the guard wasn't very friendly.. But he melted when we got chatting. The journey was a delight (in spite of my nervousness when negotiating the very steep ramp to get on and off the train!) After the train ride on we went right into the heart of the Brecon Beacons. We drove along the Pent-wyn reservoir, stopped on its southerly edge and then up to the Neuadd reservoir with not a soul in site. Here a spectacular view of Pen-y-Fan, the largest peak in South Wales at 2906ft.

Diolch I Gymru (Thank you Wales)

CHALKY

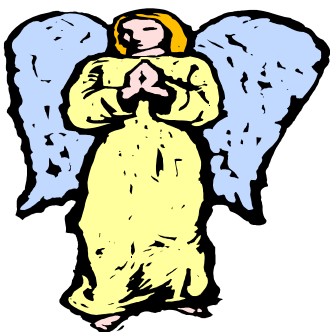
Below is a note received from Ronald White's son Steve about the passing on of Chalky. For those of you who knew Chalky I am sure you will agree his input at User Group meetings will be sorely missed.

It is with great regret that I am writing to inform you of the following circumstances regarding my Dad, Ronald White, known as 'Chalky'.

As you know, he had been diagnosed with bladder cancer back in January 2003 and has fought a brave battle for the year. Just before Xmas, he had further scans which confirmed that the cancer had spread and there were three shadows on his lungs. When he was released from hospital on Xmas Eve, he requested that he be at home but not alone and I am grateful to say I was able to carry out his wishes when he passed away peacefully, at home on Thursday 15th January 2004.

Should you wish any further information please feel free to contact Steve on 01234 824679 or 07796 330242 or alternatively you can e-mail him on steve@buckshouse.demon.co.uk or sue.h.hubbard@btopenworld.com

Chalkies funeral took place at Northampton crematorium on Wednesday 28th January 2004 at 12.45pm.



ROGER MARRIOT

I have been asked to mention the passing on of Roger Marriot. Roger who was a User of Favell House and a good member to have on your team during the many quizzes that took place at Favell sadly passed on last November after contacting pneumonia. Roger's wife will still be involved with the good work that the local MS society do.

Laughter the best medicine

President Bush looks up from his desk in the Oval Office to see one of his aides nervously approach him. "What is it?" exclaims the President. "It's the Abortion Bill, Mr. President -- what do you want to do about it?"

"Just go ahead and pay it."

George Bush is so stupid, he went to a concert and waved to Stevie Wonder.

I perhaps should keep my personal views to myself but an "opinion" is only an assessment based on grounds short of proof. Time will tell.

True or false. America has 6% of the worlds population but consumes 60% of the worlds consumption?

Definitions of types of care.

As you can see there are many different titles given to the way care is delivered.

When this debate was taking place at a User group meeting in the past John Groves once made the very valid comment. **“Does it really matter, care is care.”** Although I did not give much thought to John’s comment at the time on reflection John made a shrewd point. To quote from the Oxford concise dictionary.

CARE 1. Worry, anxiety 2 an occasion for this. 3 serious attention: heed 4 a protection.

I thought this would be an ideal time to write down the actual different titles given to the many ways of defining and delivering care.

Palliative Care. Active Total Care offered to a patient with a progressive illness and their family, when it is recognised that the illness is no longer curable, in order to concentrate on the quality of life and the alleviation of distressing symptoms. (*Taken from Executive Summary Palliative Care 1995*)

Respite Care. A short break away in either a hospital or a residential or nursing home. (*Taken from Better Care Higher Standards July 2003/4 Northampton's SC&H charter for adults*)

Crisis Care. A point in time where decisive action has to be taken due to the present care arrangement breaking down or being inadequate. It is usually applied to people who have chronic (lasting for a long time) illnesses.

Acute Care. Normally relating to care that is specific and is required because the illness is severe. It usually relates to the care given in a general hospital where all the necessary expertise and equipment is at hand.

Rehabilitative care. The aim of rehabilitation does not necessarily mean getting better: in some conditions the aim is to maintain as full a life-style avoiding as many medical complications as possible. This enables those people with a disabling or potentially disabling condition to maintain their maximum level of independence within their chosen environment. (*NHA specification for adult rehab services 1998*)

Future Service?

After reading the different definitions of care I hope you will agree that the type of service that Favell House should be delivering comes under the heading of Palliative, which encompasses rehabilitation, respite and crisis care. I am sure you will also agree this would then help deliver a seamless service where the recipient did not need to trouble themselves with what type of care they were receiving or who was funding it. It would provide one point of access and delivery.

USEFUL CONTACTS

Custom made aids for people with disabilities

Telephone: 0845 1300456

website: www.remap.org.uk

Holiday and Travel Information for Disabled People

Phone: 01293 774535 Web-

site:www.holidaycare.org.uk Email: holi-

day.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 01604 658411 Community OT Therapy service

01604 658423 Occupational therapy wheelchair specialist.

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.northamptonailability.org.uk

Ability Northants

01604 624088

Care & Repair

01604 588604

Carers response team

Northampton 01604 611200

Daventry/South Northants 01327 701681

Kettering/North Northants 01536 312412

Carers signposting

01604 624088

Www.caringnorthants.org.uk

Community Resource Team

Aims to reduce social isolation

01604 665920

Lifelong Learning Service

01604 237809

Email [kgould-](mailto:kgoulding@northamptonshire.gov.uk)

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

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 following dates have been booked for User Group meetings in 2004

Friday January 23rd

Tuesday February 20th

Thurs March 18th

Friday April 16th

Tues May 11th

Thurs June 17th

1.30 pm Tea/Coffee

2.00 pm meeting starts

3.30 pm approx finish

NOTE the venue is 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