

Disability Peterborough
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Registered Charity No. 1089250
Company Limited by guarantee: 4255588

February - March 2023

News, views and
information from
Disability Peterborough

Newsletter

Firstly, I would like to wish all of our readers a Happy New Year.

Here at Disability Peterborough, we are dedicated to understanding and improving the challenges faced by people with physical disabilities and their families. Disability equality is at the heart of everything we do. That's an important responsibility we believe everyone deserves to be seen, heard, supported, and cared for.



We place a high value on feedback from physically disabled people. Our new website has now gone live, and we would be really grateful if you could let us know your opinion on the new site www.disabilitypeterborough.org We have included a host of new features and by clicking on the orange disability symbol at the top right of the page you will be able to change both the size and the colour of the fonts. We have also included a language translator and new updated information and guides that we hope you find useful. Your comments will help us to make the website as user friendly as possible so please let us know what you think by emailing us at info@disabilitypeterborough.org

You may have heard in the news that the national COVID Public Enquiry is about to start in the Spring. People with disabilities

in the UK have faced an increased risk of ill health and death during the Covid-19 pandemic when compared to the rest of the population. The Office for National Statistics (ONS) reported that people with a disability in the UK have been more likely to die as a result of Covid-19. Between January and November 2020, people with disabilities accounted for **6 out of every 10 deaths (59.5%) involving Covid-19**. In April 2021, they reported that 40% of disabled people in Great Britain said the pandemic had negatively affected their ability to access healthcare for non-coronavirus related issues.

The Government's focus on providing access to food for people who were classed as 'clinically extremely vulnerable' during the pandemic meant other people who needed access to food had not been provided with the support they needed.

Do you have any experiences, either good or bad, that you can share with us about what happened to disabled people during the pandemic? We have been invited to supply a witness statement for the first sitting of the enquiry and your contributions would be very welcome to give us a clearer picture of what happened. You can ring us on 01733 265551 or email us info@disabilitypeterborough.org Let's get our voices and experience heard!

Sandie Burns MBE
CEO Disability Peterborough



World Cancer Day 4th February 2023

World Cancer day unites people, communities and entire countries to raise awareness, improve education, and inspire action both personal and from the Government, against preventable cancer deaths.



Don't forget to Swap your Stamps out!

Royal Mail are adding barcodes to their regular stamps. After 31 July 2023, regular stamps without a barcode will no longer be valid. You can either use up these stamps before this deadline or swap them for the new barcoded ones.

The new stamps will look like the old stamps but will feature the profile of Her Late Majesty The Queen on a plain coloured background. The barcodes will enable exciting new services by connecting physical stamps to the digital world through the Royal Mail app.

Please visit the Royal Mail Website or visit a local Post Office for more information and ways to get your stamps swapped over.

Cost of Living Payments 2023 to 2024



The government has announced [when further Cost of Living Payments will be made](#) between spring 2023 and spring 2024.

These payments are:

- **up to £900** for people on an eligible low income benefit for means-tested benefit claimants will go direct to bank accounts in three payments over the financial year
- **£300** for pensioner households
- **£150** for people on an eligible disability benefit

The Department for Work and Pensions (DWP) has announced more detail on the payment schedule for the next round of cost of living support unveiled in the Chancellor's Autumn Statement, building on payments made in 2022.

The new £900 cash boost for over eight million eligible means-tested benefits claimants, including those on Universal Credit, Pension Credit and tax credits, starts in Spring and will go direct to bank accounts in three payments over the course of the financial year. There will also be a separate £150 for over six million disabled people and £300 for over eight million pensioners on top of their Winter Fuel Payments.

Exact payment windows will be announced closer to the time, but are spread across a longer period to ensure a consistent support offering throughout the year. They will be broadly as follows:

- **£301** – First Cost of Living Payment, during Spring 2023
- **£150** – Disability Payment, during Summer 2023
- **£300** – Second Cost of Living Payment, during Autumn 2023
- **£300** – Pensioner Payment, during Winter 2023/4
- **£299** – Third Cost of Living Payment, during Spring 2024

Household support Fund – Working Age

Due to the large volume of successful applications since the latest round launched on 19 October, Citizens Advice

Cost of Living Payments continued...



OVO Energy Support Package

Ovo energy have a £50m support package for customers of OVO, SSE Energy Services or Boost customer, to help those of our customers who need it most this winter from 1 October 2022 and it runs until 31 March 2023.

The support package includes free or discounted products and services, like smart thermostats, electric throws and boiler servicing. Some of the items we have are in limited supply such as electric blankets and will be given to as many households as possible, prioritising those who need them most.

For more information -

[Click here](#)



Peterborough now have a limited amount of funding available so applications will now be restricted to **first time applicants** who reside in the Peterborough City Council area and are aged between 18 and state pensionable age.

They must:

- be in the process of applying for, any means tested (universal credit / income support / child tax benefits) benefits, personal independent payment or disability living allowance
- living in a low-income household – if you are a single person earning less than £25,500 per year or if you are living as a couple and earn a combined income of less than £43,400 (includes those living in houses of multiple occupancy)

Care leavers, asylum seekers, those with right to remain, no recourse to public funds or of no fixed abode can all apply for the scheme.

You can apply by contacting citizens advice household support fund line on 01733 447933. When the lines are busy the recorded message may tell you to visit our website to complete the online form – this option is no longer available, so you may need to try calling the line back at a different time.

For more information please visit - Household Support Fund Jan 2023 - Citizens Advice Peterborough | Citizens Advice Peterborough (citapeterborough.org.uk)

Winter Support Hubs

Peterborough City Council has worked with community partners to set up hubs across the city that offer food. Many also offer essentials, energy/warmth supplies, and social activities. Everyone is welcome, regardless of your age or circumstances. Several hubs have cafes with the option to pay what you can. Hubs can be found in the following areas- Bretton, Hampton, Millfield, Orton, Welland, Fletton, Paston, Central and Werrington.



Find you closest [Winter Support Hub](#) using this link to find out opening times and what they have to offer.

Buying your own Aids

There are lots of useful aids on the market which can make daily activities a little easier for you. When buying specialist equipment, it is advisable to seek advice and try equipment before purchase. There are three local disability aid shops stocking a range of nursing supplies and disability equipment in Peterborough...



Bentley Nursing Supplies

Unit 2 Benedict Square,
Werrington Industrial, PE4 6GD.
Telephone **01733 555838**

The Mobility Aids Centre

88 South Street, Stanground, PE2 8EZ.
Telephone **01733 342242**

Mobility Your Way

PE1 Retail Park, Eye Road,
Nr Eye, PE1 4YZ.
Telephone **01733 511104**

Here are a few useful aids which could help you or a loved one and are readily available online or from local disability equipment shops.

Easy Grip Eating Aids with wide rubber handles



Sock Assistant to help with getting socks on without bending down



Step 1: Install the sock



Step 2: Pull the strap

Long Reach Grabber Aids to pick items up off the floor



Be my eyes App

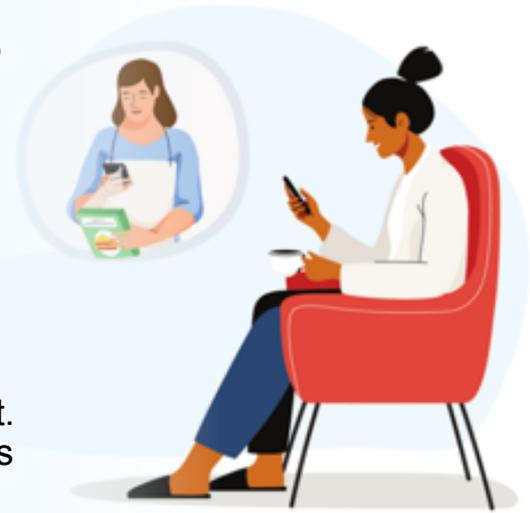


'Be my eyes' is a free app which connects people needing sight support with volunteers and companies through live video around the world. It connects via the phone's camera to a volunteer who can act as the user's eyes, by reading or describing what they can see back to the user.

'Be my Eyes' supports people living with low vision and assists them in achieving independence. A blind or a low-vision user may need help with anything from checking expiry dates, distinguishing colours, reading instructions or navigating new surroundings.

If you have low vision, you can use your camera-enabled smartphone to request video support at any time, day or night. Call a volunteer for tasks where you need a sharp pair of eyes – or call a Specialised Help partner for professional support.

The app is available for iOS or Android device. See the website for more details [Be My Eyes - See the world together.](#)



Help us, Help others.



Disability Peterborough is a local centre for free confidential and impartial information and advice, for physically disabled people, their carers and families. We provide a range of services that assist people with physical disabilities to achieve their potential and have maximum choice and control over their lives. The information and help we provide can enable anyone, living in Peterborough, with a physical disability to have choice and influence in their lives.

You can donate in a way you find easy for you –

- If you'd like to **donate by post**, simply send a cheque made payable to DIAL

Peterborough and post to DIAL, John Mansfield Campus, Western Avenue, Dogsthorpe, Peterborough, PE1 4HX

- **Donate by BACS** direct from your account to –

Account name: DIAL Peterborough
Bank name: CAF Bank
Sort code number: 40-52-40
Account No. 00009510

Please add in your name as the reference so we can send you a thank you letter and if you are a UK taxpayer, don't forget to opt for gift aid to allow us to reclaim tax on a donation made by yourself, effectively increasing the amount of the donation.

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Difference between Alzheimer's & Dementia



Dementia is caused by different diseases that affect the brain. Alzheimer's disease is the most common of these diseases. Some other common types of dementia include vascular dementia and dementia with Lewy bodies.

This means that dementia is not a disease in its own right. Dementia is the name for a group of symptoms that commonly include problems with memory, thinking, problem solving, language and perception.

While there is a relationship between dementia and Alzheimer's disease, there are key differences between the two.

What is dementia?

When a person receives a dementia [diagnosis](#) they should also find out what type of dementia they have. This is not always the case, and sometimes the term 'dementia' is used to describe the symptoms they may be experiencing. These symptoms might include [memory loss](#) or difficulties with [language](#) or concentration.

[Dementia](#) is caused by diseases which damage the brain by causing a loss of nerve cells. Alzheimer's disease is one specific cause of dementia (and the most common). Some other causes of dementia include:

- [Vascular dementia](#), where a lack of oxygen to the brain causes nerve cells to die. This can be caused by a stroke, a series of mini strokes or a disease of the small blood vessels in the brain
- [Mixed dementia](#), where someone has more than one type of dementia and a mix of symptoms
- [Dementia with Lewy bodies](#), where abnormal structures – Lewy bodies – form in the brain and cause the death of nerve cells
- [Frontotemporal dementia](#), where clumps of abnormal protein form in front and side parts of the brain and cause the death of nerve cells.

The symptoms that someone with dementia experiences depends on the damaged parts of the brain and the disease causing the dementia. Dementia is [progressive](#) which means it will get worse over time.

An Alheimers request – Poem by Owen Darnell

Do not ask me to remember,

Don't try to make me understand,

Let me rest and know you're with me,

Kiss my cheek and hold my hand.

I'm confused beyond your concept,

I am sad and sick and lost.

All I know is that I need you

To be with me at all cost.

Do not lose your patience with me,

Do not scold or curse or cry.

I can't help the way I'm acting,

Can't be different though I try.

Just remember that I need you,

That the best of me is gone,

Please don't fail to stand beside me,

Love me 'til my life is done.

Difference between Alzheimer's & Dementia Continued...



What is Alzheimer's disease?

Alzheimer's disease is a physical disease that affects the brain. Abnormal structures called 'plaques' and 'tangles' build up inside the brain. These disrupt how nerve cells work and communicate with each other, and eventually cause them to die.

There is also a shortage of some important chemicals in the brain of someone with Alzheimer's disease. Reduced levels of these chemicals mean that messages don't travel around as well as they should. Alzheimer's disease usually begins gradually with mild memory loss. The person may have difficulty recalling recent events or learning new information. Other symptoms may include difficulties finding the right words, solving problems, making decisions, or perceiving things in three dimensions.

As Alzheimer's progresses, problems with memory loss, communication, reasoning and orientation become more severe. The person will need more day-to-day support from those who care for them.

There is currently no cure for Alzheimer's disease. However, treatments may temporarily ease some symptoms or slow down their progression in some people.

For more information and advice see Alzheimer's Society (alzheimers.org.uk)

Support in Peterborough - The Dementia Resource Centre

The Dementia Resource Centre based in Lincoln Road is a one stop shop for people to access advice, information and support. Our aim is to provide a wide range of services that really meet the needs of local people and make a positive difference to their lives.

The Dementia Resource Centre is open between 9.30am - 4.30pm
Monday - Friday.

To contact the centre you can email peterborough@alzheimers.org.uk

Alternatively, please call the office number on **01733 865710**

or Dementia Connect Team support line for advice and information on **0333 150 3456** (open every day).

The times to call are:
Monday - Wednesday -9am-8pm
Thursday - Friday 9am-5pm
Saturday - Sunday 10am-4pm

Dementia Resource Centre | 5 York Road | Millfield | Peterborough | PE1 3BP

Every Mind Matters

Be kind to your mind



every mind matters

There are small things we can all do to help be kind to our mind, and these can make a big difference to how we feel. Being a carer can be challenging. Remember to take care of your mental health.

Get expert advice and practical tips to help you look after your mental wellbeing and make them part of your daily routine from the [Every Mind Matters Website](#)

Taxi Firms and Tail lifts



We have been contacted by a number of client's who have struggled to pre-book wheelchair accessible taxi's and are being requested to book an hour or a day before, as they cannot book more in advance.

We have made our own enquiries and came across the same issues with three separate taxi companies.

We informed those we contacted this was not acceptable, as booking in advance was needed to ensure safe and efficient travel for those that need this service. All three did back down and were willing to pre-book.

We do understand taxi companies are contracted to use their vehicles to transport children to and from schools and colleges, therefore we would advise you to avoid 7.30am - 9.30am and 2.30pm - 5pm for this reason.

We would be very interested to speak to anyone who has experienced the same problem.

Give as you live Online Shopper

[Give as you Live Online shopper](#) is a fantastic way to raise free funds for Dial Peterborough.

You can raise free funds when booking holidays, buying new clothes, switching insurance and finding great gifts.

Visit the [website](#) for more information.

For every person who signs up and raises £5, 'Give as you Live' will donate a bonus £5 to your charity too!





Extra Time Hubs



Would you like to meet like-minded people in your area and bring your free time alive?

We are bringing retired and semi-retired people together to meet people, socialise and do the things they enjoy.

Why not join us?



Every Tuesday 10am – 12pm
Weston Homes Stadium, London Road, PE2 8AL
FREE TO ATTEND

For more information, please email
Jenna.Lusk@theposh.com or
call 07706 245280

We have received support from the



Cambridgeshire
Community
Foundation

Your Voice Counts...

We would love to work together with you to improve the lives of Peterborough residents with a physical disability.

This includes ailments like arthritis, which you may not see as a disability, but part of old age and are inviting you in for an informal friendly chat with a drink and some nibbles. We hope to talk about current disability matters that you may have, share information between each other and try and fill in the gaps where we can.

The first meeting is planned to take place on Friday 24th March 2023 between 1.30 – 3.30pm. Please call or email us to let us know if you can come.

Your Voice Counts Meeting Dates:

24th March 2023 29th September 2023
19th May 2023 24th November 2023
28th July 2023

Time: 1.30pm to 3.30pm

Venue: Disability Peterborough, John Mansfield Centre
Western Avenue, Peterborough PE1 4HX



Please confirm your attendance

by calling 01733 265551 or email info@disabilitypeterborough.org

Voter ID requirement

From 4 May 2023, voters in England will need to show photo ID to vote at polling stations in some elections. This will apply to Local elections, Police and Crime Commissioner elections, UK parliamentary by-elections and Recall petitions. This means that from October 2023 it will also apply to UK General elections.

If you don't have accepted photo ID, you can apply for a free voter ID document, which is known as a Voter Authority Certificate. You can still use your photo ID if it's out of date, if it looks like you. The name on your ID should be the same name you used to register to vote.

For more information, please see [Electoral Commission Website](#)



BRING
PHOTO ID
TO VOTE



YOGA UNITED



GEMMA'S YOGA SPACE



Adults 18+



From Monday 3rd October, 11:15am - 12:15pm



Weston Homes Stadium, PE2 8AL



FREE to attend



Limited places, register now:
Jenna.Lusk@theposh.com



We are running free weekly yoga sessions that are open to all adults aged 18+. These sessions are designed to help support people who suffer with Musculo-skeletal conditions such as Arthritis. Our Yoga session gives people the opportunity to unwind and improve their physical and mental wellbeing.



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ARTHRITIS**

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