

# Disabled Living Newsletter

January 2019

## NEW E-LEARNING COURSES

Online training with Disabled Living

---

## KIDZ TO ADULTZ MIDDLE

Celebrating 10 years, plus  
free CPD seminar information

---

## EXTREME TOURISTY DAYS OUT THIS SPRING

Chris takes you on his journey  
through caves and lakes



**Disabled Living**  
Practical solutions supporting disabled adults, children & older people

Charity number: 224742



## It's a great start to 2019 for Disabled Living as we launch our new E-Learning courses

**A wide range of Health and Safety, Best Practice, Medical and Clinical courses and the Care Certificate Package including:**

- Dementia - Dealing with Challenging Behaviour
- First Aid
- Safeguarding Children
- Autism Awareness
- Disability Awareness
- ...and many more!

**We know it's difficult to send staff on face to face training, there is job to do and time is limited.**

We also know that you want to support the people you are caring for by ensuring staff are current and relevant in their practice.

Face to face training is the only way to learn in some subjects whilst others can be effectively delivered online.

Training online is flexible; our courses are available 24 hours a day; so learning can be at weekends and unsocial hours if the delegate only has this time.

**Each course only costs £15 and can be booked and paid for online today.**

The sessions are easy to use and once completed a certificate will be issued via email.

**All courses are available on [disabledliving.co.uk/training/e-learning/](https://disabledliving.co.uk/training/e-learning/)**

# Explore Our Key Features

Accessible days out at Longleat Safari Park and Cheddar Gorge.....	4
Grants for individuals.....	8
Grants for organisations.....	9
Celebrating 10 years of Kidz to Adultz Middle.....	11
We need your help to understand night time bladder problems.....	15
The new BAS Push/Pull Brake/Accelerator.....	17
Afternoon tea with a pony.....	20
Thank you for sharing our newsletter.....	21

Happy New Year!

2019

From the Disabled Living Team

# Accessible Days Out at Longleat Safari Park and Cheddar Gorge



So, who's up for some extreme tourism this Spring? My latest escapade was to spend a couple of days looking at Longleat and sister attraction Cheddar Gorge. Some simple cave exploration in the Gorge and dancing with lions at Longleat – no problem at all for a wheelchair user!

I have to admit I was intrigued. How romantic, how interesting, but how much would I see? How would I manage in the caves and how would I get around the Safari Park?

Well, I found the whole experience fascinating and much more accessible than you might have thought. With the help of some very well-motivated staff I had a great time. Both sites were an absolute pleasure to visit. Yes, I saw plenty of features that could be improved but the sites are well worth a visit now.

First day was Cheddar Gorge – an attraction consisting of several caves developed in Victorian times as a tourist venue.

With introductory film shows, a modern



museum, caves, walks, viewpoints and shops, there's a full family day out here.

After purchasing tickets see the introductory film. This sets the scene beautifully with colourful history, wildlife, flora, what to visit and what can be managed. Then try the caves!

The main cave – Gough's Cave – after the man who made a public attraction out of it, is unfortunately inaccessible to many wheelchair users and mobility impaired visitors because of four large, sloping steps, but is very rewarding indeed.

If you can be carried or otherwise helped down it is well worth the effort.

(Personally, as I was on my own at a very quiet time so a staff member bumped me down but this is definitely not company policy!)

A long winding tunnel then takes you into the rock – Cheddar Man, unique rock formations, dramatic twists and turns, audio description points – very special indeed.

The ground surface is excellent – the slightly ridged concrete path carries you along with no trips, bumps or slips.

Try the Museum of Prehistory. It's small enough not to be daunting but large enough to house a huge array of exhibits all displayed with imagination. This is a very accessible venue. I was lucky enough to be accompanied by an enthusiastic school party who were greatly entertained by the Stone Age re-enactor who dressed them in animal skins, told them about skinning a rabbit and finally showed them how to start a fire with a few sticks – hugely impressive!

My favourite destination was Cox's Cave. This is a network of several inter-connected chambers. Complex and challenging for many with mobility or visual impairments, it rewards those who can manage handsomely. A brilliant multi media film show depicting the development of Early Man is displayed on the raw walls of each chamber, carrying you through his history, changing environment and the animals he hunted.

Sound and lights enhance this extremely entertaining production. Different episodes lead you through the cave complex.

In my wheelchair I was able to see the first parts and the last parts with the help and advice of the brilliant staff. Nothing was too much trouble.

### **The next day I visited nearby Longleat**



Driving through the grounds for the first time my first impression was how fabulous the actual house appears. After parking I planned my day to include all the major attractions. There's so much here for everyone to enjoy and again the staff were incredible. It's also obvious thought has already gone into improving access.

The House itself was a delight. As often happens, the dedicated disabled entrance takes you through several rooms the public may never see before joining the beginning of the public flow along the official tourist route through the House. Volunteer guides in every room – all dressed as 20's flappers on my visit – will inform as much as you want or transport you into their world if you prefer!

Outside there are formal grounds, endless playgrounds, many animal enclosures, all generally accessible. There's a fully accessible miniature train to carry you around the grounds while you catch your breath, even a fully accessible cruise around the huge lake.

There are many shops and eating places – all very accessible, and most of the rides are accessible as well.

The only downside in my opinion was the Adventure Castle play area. This was a stunning looking space, castle, drawbridge, aerial rope walks but all completely inaccessible to anyone with a major mobility issue.

If you have your own transport it all works brilliantly – you just drive around at your own pace, stopping at the fully accessible African Village as you go. If not, you can catch the fully accessible Safari Bus and sit back in comfort. It's all there around you – elephants, giraffes, lions, tigers, rhinos and flamingos.

Throw in the firework display and light show after dark – what's not to like? It was a challenging trip but well worth the effort.

[www.disabledliving.co.uk/blog/longleat-safari-park-and-cheddar-gorge/](http://www.disabledliving.co.uk/blog/longleat-safari-park-and-cheddar-gorge/)

*Chris Cammiss*  
*Disability Trainer and Advisor*

## Did you know?

Disabled Living have a range of travel blog posts from accessible days out to the best accessible travel destinations.

Some of the most read ones have been:

- 5 Top Tips for Travelling with a Disability
- A Guide to Travelling on Aeroplanes with Your Disability
- 5 Days Out Near Changing Places to Enjoy in the Sun
- Finding the Right Hotel for You and Your Disability

Visit [www.disabledliving.co.uk/blog](http://www.disabledliving.co.uk/blog) to view all of our travel posts.

# Is Disabled Living Due for a Name Change?



**The name Disabled Living implies we only support people with a disability, which is not the case.**

- We also support older people, those with long-term health conditions, people with bladder and bowel problems and just about anybody who can benefit from having a practical solution to an unmanageable problem. We also signpost to other organisations. Therefore, many people do not contact us who could benefit from our services because they do not consider themselves 'disabled'
- Some people think we run a care home or day centre for people with disabilities
- Some of our services were established after the name changed to Disabled Living back in 1992 and are not directly linked to people who have a disability, such as our Bladder and Bowel UK service and training courses
- Some people think the name should be more positive

Throughout Disabled Living's 120 year history we have had **five** name changes to reflect how the services have developed or to be disassociated with a name that was not politically correct. Therefore, another name change will only associate with progression!



**We would like to hear what you think and if you have any thoughts on a new name. Please contact Disabled Living's Chief Executive, Debra Evans [debra.evans@disabledliving.co.uk](mailto:debra.evans@disabledliving.co.uk)**

# Grants for Individuals

Disabled Living has access via the Directory of Social Change to over 1,500 charities who provide grants to children and adults. The grants may range from £10 food vouchers to larger contributions including grants for domestic items such as washing machines, wheelchairs and housing adaptations. Via the Equipz helpline we may be able to assist you or your clients to access funds which may be available from:

**General Charities** **Occupational Charities** **Charities by Beneficiary** **Illness and Disability Charities**  
**Livery Companies, Orders and Membership Organisations** **Armed Forces Charities**

## Independence at Home



### Eligibility

You or a family member must have a long term illness or disability.

### Types of grant

Mobility and travel equipment, beds, communications equipment, special disability equipment and much more.

[www.independenceathome.org.uk/help-for-you](http://www.independenceathome.org.uk/help-for-you)

## National Association for Bikers with a Disability



### Eligibility

The grant system is only available to residents of the United Kingdom and Eire.

### Types of grant

Grants are only given to help with the cost of adaptations that will make a motorcycle, trike, combo or quad suitable for a disabled rider. The NABD never award grants to help with the cost of insurance, repairs, cosmetic engineering or for adaptations to other types of vehicles.

[www.nabd.org.uk/adaptations/grants/](http://www.nabd.org.uk/adaptations/grants/)

## Ssafa

### Eligibility

Service and ex-service men and women and their dependants who are in need.

### Types of grant

We provide practical and emotional support to service and ex-service men and women and their immediate dependants who are in need.

We provide essential household items for veterans. We can also help them maintain mobility and independence at home by providing equipment such as electronically powered vehicles or mobility scooters, stair lifts, or riser and recliner chairs.

[www.ssafa.org.uk](http://www.ssafa.org.uk)



# Grants for Organisations

Disabled Living has knowledge of a wide range of charities who provide grants to organisations. Each month we will highlight new funding opportunities.

## The Cultural Impact Development Fund

### Arts & Culture Finance

by **nesta**

#### Eligibility

Arts and culture organisations based in England are eligible to apply. Charities, community interest companies and community benefit societies with a recognised charitable purpose are eligible for investment.

#### Types of grants

Loans between £25,000 and £150,000 with repayment term of one to five years and interest rates ranging between 5.5% and 8.5%

<http://www.artsculturefinance.org/our-funds/cultural-impact-development-fund/>

## Music for All - Music in the Community



#### Eligibility

UK-based groups, schools and organisations that are bringing music to their communities can apply.

#### Types of grants

The grants programme is intended to act as a helping hand to projects and initiatives across the UK that seek to bring music to their community.

No minimum or maximum grant amounts are specified.

<https://network.youthmusic.org.uk/i-need-funding>

## The Casey Trust

#### Eligibility

UK Registered Charities can apply.

#### Types of grants

The Casey Trust was started in 1996 to support projects exclusively for children throughout the world. Increasingly, the focus is on start-up or bold new initiatives that might not have happened without their participation.

<http://www.caseytrust.org/home/4545413740>



**Kidz to Adultz Middle**  
**Thursday 21st March 2019**  
**9.30am—4.30pm**  
**Ricoh Arena, Coventry, CV6 6GE**



One of the largest FREE UK events supporting children & young adults up to 25 years with disabilities and additional needs, their families, carers and the professionals who support them.

**Celebrating 10 Years of Kidz to Adultz Middle**

**100+ Exhibitors**

---

**10 FREE CPD  
Seminars**

---

**FREE Parking**

---

**Children Welcome**



Register for your visitors' FREE entry tickets via our website  
**[www.kidzexhibitions.co.uk](http://www.kidzexhibitions.co.uk)**

Email: [info@disabledliving.co.uk](mailto:info@disabledliving.co.uk) or Tel: 0161 607 8200

**Tickets are not compulsory, you can register on arrival.**

# Celebrating 10 Years of Kidz to Adultz Middle



A Coventry based exhibition dedicated to helping young people with disabilities and their carers has doubled in size ahead of its ten year anniversary. The Kidz to Adultz exhibition has been exhibiting at the Ricoh Arena since 2009 and in that time has seen its number of exhibitors grow from 70 in the first year to more than 130 in 2018, while the number of visitors have risen from 1,400 initially to more than 3,000 last year.

The exhibition is organised by the charity Disabled Living, and offers children, young adults, their carers and the professionals who support them. There is the opportunity to view the most up-to-date equipment, access services and seminar based advice to help improve individuals' independence and quality of life.

A core part of the show also provides people with disabilities and additional needs access to funding streams to purchase specialised equipment, respite care and much more which often runs into thousands of pounds. Carmel Hourigan, senior manager at Disabled Living, has overseen the development of the show in Coventry which returns for its tenth edition at the Ricoh Arena on Thursday 21st March 2019.

Carmel highlights: "This exhibition reflects the real issues that 800,000+ under 25s with disabilities and their carers are experiencing in day to day life in the UK, which is why our event has grown consistently year on year often via word of mouth.

"Bringing up a child with a disability can be a challenging and sometimes an overwhelming experience. Whether it is knowing how to handle a particular condition or finding the money for a piece of equipment to improve their quality of life which is particularly pertinent in an age where technology is advancing so much.

"At this year's show there is a particular demand to talk about the process to follow when booking a flight abroad, adopting practical approaches to improve sleep patterns and creating behaviour plans to combat challenging behaviour.

"The majority of our visitors who come back year after year, often bring new faces along with them which has seen the show grow steadily but consistently every year."

The Kidz to Adultz exhibition is situated in the Ricoh Arena's Ericsson Indoor Arena, where the show has also doubled its show space from 2,000 square metres to 4,000 square metres.

**Caroline Lissaman, head of event management at the Ricoh Arena, added:**

"The Kidz to Adultz exhibition is what we are all about as an events venue in terms of helping shows to develop and grow. We are very proud to be marking ten years with the show.

"It is important exhibitions that provide a vital service to so many people are as accessible as possible. Given our venue is within two hours' drive of 75 per cent of the UK's population, we feel we can help Carmel and her team to continue on their trajectory of growth over the coming years."

# Free CPD Seminars at Kidz to Adultz Middle

## Sponsored by Treloar

### SEMINAR ROOM 1

#### 10.30am Bridging the Gap – Using the 3rd Sector

**Deborah Bell**  
**Enablement Team Manager**  
**Disabled Living**

#### 11.30am The Challenges of Hoisting Children

There are many different scenarios where hoisting children can be challenging and this practical seminar will explore some of the possibilities which can help improve the hoisting experience.

We will look at how support comfort and safety can be maximised by using the appropriate size or shaped sling bar for a hoisting activity.

**Colin Williams**  
**Category Sales Manager**  
**Overhead Hoists**  
**ETAC R82**

#### 1.00pm AspergerWorld: My Autism's Hidden Hardships and Gifts

**Joely Williams (nee Colmer)**  
**Autistic, World Award Winning Motivational Speaker, Autism Trainer and Best Selling Author of AspergerWorld**

### SEMINAR ROOM 2

#### 10.30am Evidence Based Sleep Strategies

This seminar will look at the details of the latest research projects around ADHD and ASD, including the interventions and outcomes, that The Children's Sleep Charity have been involved in.

**Helen Rutherford**  
**Sleep Practitioner**  
**The Children's Sleep Charity**

#### 11.30am A Multidisciplinary Approach to Supported Standing Therapy

This seminar will highlight a multidisciplinary approach to supported standing for children with neurological disorders. It will consider the importance of child-centered upper extremity activity in the class and home environment to improve enjoyment during supported standing sessions.

**Michelle Stowell, Paediatric Physiotherapist**  
**James Gilmour, Occupational Therapist**  
**James Lackey Design**

#### 1.00pm The Why, When, Where and How of Toilet Training Children with Additional Needs

This seminar will focus on answering the questions of why children with additional, physical or learning needs should be toilet trained, when this should be started, the best places for toilet training and most importantly strategies for toilet training.

**Davina Richardson**  
**Children's Continence Advisor**  
**Bladder and Bowel UK – Disabled Living**

# Free CPD Seminars at Kidz to Adultz Middle

## Sponsored by Treloar

### SEMINAR ROOM 1

#### **2.00pm The EHCP Process and How to Appeal If You're Not Happy with an EHCP**

The seminar will deal with what EHCPs are, the EHCP process and how to appeal if you're not happy with an EHCP. The presentation will cover:

- The purpose and content/structure of an EHCP (including a summary of the different sections)
- The process for obtaining an EHCP:
- Maintenance of the EHCP and the review/re-assessment process
- A summary of grounds for appeal and the appeal process.

**Rachel Gibby**  
**Solicitor**  
**Knights PLC**

### SEMINAR ROOM 2

#### **2.00pm Bathing – The Right to Play**

Play, along with the basic needs of nutrition, health, shelter and education are vital to develop the potential of a child according to the United Nations. In the UK, many children play at bath time, yet it is not often a primary consideration within an Occupational Therapist's recommendations during the assessment process. This session will explore "play" as an occupation and consider how legislation and clinical reasoning can be used to support the necessity of a bath in the design process.

**Kate Sheehan DipCOT**  
**Occupational Therapist**  
**The OT Service**

#### **3.00pm Planning for the Future – (Trusts, Lasting Power of Attorney, Deputyships, Wills)**

Parents and carers need to be aware if vulnerable beneficiaries acquire wealth either by life time gift or inheritance then they could possibly be vulnerable from their own inappropriate spending; exploitation from unscrupulous third parties and loss of means tested benefits. Our presentation highlights the threats and offers guidance on how this can be avoided.

**Philip Ogden AIPW**  
**Senior Consultant**  
**Estate Planning Solutions**

#### **3.00pm Challenging Behaviour and Supporting the Family in the Home**

This seminar will detail the factors that are important and sometimes overlooked when assessing 24 hour postural management. It will aim to look at what an optimal postural management plan would include through a person-centred solution.

**Shruti Verma**  
**Senior Physiotherapist**  
**More Rehab Ltd**



# YOU CAN **WIN** PRIZES

Be in with the chance of winning a one night stay, double or twin room with breakfast at DoubleTree by Hilton Hotel at the Ricoh Arena – Coventry

As part of our 10 year celebrations all visitors who attend the event will be entered into our prize draw with a chance to win this fabulous prize:-

A table of four at the Saracens match in our Premier Hospitality Lounge at the Ricoh Arena including the following –

- Three Course, Choice Menu
- Champagne reception on Arrival
- Complimentary Selected Wines, Beers and Soft Drinks until the Final Whistle
- Pre-Match Commentary from a Wasp first team player
- A Complimentary official match day programme
- Complimentary Tea & Coffee
- Direct access to the corporate balcony
- On-site match day parking
- Includes hotel accommodation – 1 night (twin or double room with breakfast)

Value £900

In association with **RICOH ARENA**

[Click here to register for your visitors FREE entry tickets for Kidz to Adultz Middle](#)



[Click here to view the exhibitor list](#)

# Public Involvement – We Need Your Help to Understand Night Time Bladder Problems



**Bladder & Bowel UK (BBUK), one of Disabled Living's services, in conjunction with a pharmaceutical company are currently looking to recruit individuals who want to share their stories about night time bladder problems.**

**The overall aim is to raise awareness about the effects of these symptoms on individuals from a social and professional perspective.**

**If you feel you may want to be involved and share your experiences please contact our team via the BBUK website - [www.bbuk.org.uk/night-time-bladder-problems/](http://www.bbuk.org.uk/night-time-bladder-problems/)**

**Email: [bladderandboweluk@disabledliving.co.uk](mailto:bladderandboweluk@disabledliving.co.uk)**

**Tel: 0161 607 8219**

# HERE'S THE EASY WAY TO FIND WHAT YOU ARE LOOKING FOR...

The Disabled Living Supplier Directory provides information about companies and organisations that provide equipment, products and services to support disabled children, adults and older people.

You'll find the Supplier Directory on our website

[www.disabledliving.co.uk](http://www.disabledliving.co.uk)



**This month we welcome the following  
companies to the Supplier Directory**



Subscription costs £100 + VAT per year

Email: [info@disabledliving.co.uk](mailto:info@disabledliving.co.uk)

Tel: 0161 607 8200

# The New BAS Push/Pull Brake/Accelerator



**BAS are thrilled to announce the launch of their brand new Push/Pull Brake/Accelerator to the Vehicle Adaptations market. With over 35 years' experience in the Vehicle Adaptations industry, BAS are constantly striving to develop and manufacture innovative and pioneering products and their new Push/Pull Brake/Accelerator is certainly no exception.**

Did you know that with over 90% of current Push/Pull Brake/Accelerators on the market, you are restricted to a pre-determined fixed steering wheel? Did you also know that many Push/Pull Brake/Accelerators on the market require the airbag to be removed or disconnected?

**With their new Push/Pull Brake/Accelerator, BAS have engineered a new design concept where customer safety is never compromised!**

The new design allows for full movement of the steering wheel, allowing each driver to set the wheel at the best and safest driving position for them. In addition to this there are a range of handles and handle bars to choose from, ensuring a bespoke driving experience for every customer.

Furthermore, the new design means that the vehicle's airbags are never removed or interfered with. The positioning of the Push/Pull is such that if the airbag is deployed, the driver's safety is not compromised.

An added bonus with the new design is that on 95% of vehicles, there is no cutting or reshaping of the vehicle's trim or components. This is unlike current Push/Pull Brake/Accelerators, where almost all require some cutting of vehicle trims.

In their opinion, the BAS Push/Pull is the safest Push/Pull Brake/Accelerator on the market!

## Contact

Tel: 0161 776 1594 Web: [www.basnw.co.uk](http://www.basnw.co.uk)

# Invisible Disabilities Focus Group

*Do you have an invisible disability?*

Ninety per cent of people who relate to having a disability don't have any visible symptoms, which often leads to misunderstanding, judgement and isolation.

Root Experience is making an illustrative book to shine a light on how people live with the many different emotional and physical conditions that are unseen, and help increase awareness and empathy in our communities.

If you have an invisible disability, we would love to have your feedback and contributions to the first draft of this exciting new book.

*"Funded by ITV's The People's Projects, we aim to give a voice to the invisible."*

**Wednesday 30 January**

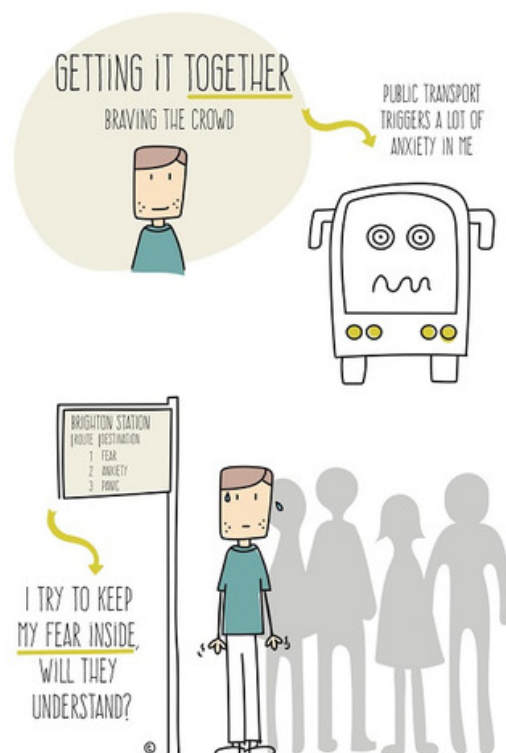
**2:00 - 4:00 pm**

**Oxfordshire County Library**

Westgate, Queen Street, Oxford, OX1 1DJ



The People's  
Projects



# New Publication from HFT

## A Guide to the Care Act 2014 and Other Laws

How to get the right support from your local authority: for family carers of adults with learning disabilities and/or autism

### Who is this guide for?

This guide is for family carers who have a relative with learning disabilities and/or autism.

### What is this guide about?

Through our one-to-one support with family carers, we speak about the most relevant laws, policies and resources to help strengthen their cases when communicating with local authorities. This guide brings all that information together in one place.

For more information visit the HFT website

[www.hft.org.uk/our-services/family-carer-support-service/fcss-updates/a-guide-to-the-care-act-2014-and-other-laws/](http://www.hft.org.uk/our-services/family-carer-support-service/fcss-updates/a-guide-to-the-care-act-2014-and-other-laws/)



## UK Government to Appoint Heritage Disability Champion



The British Government is recruiting a new dedicated countryside and heritage disability champion, whose role will be to focus on improving disabled access to the various heritage sites around the UK.

[www.leisureopportunities.co.uk/news/UK-Department-for-Work-and-Pensions-Sarah-Newton-Suzanne-Bull-Johnny-Timpson](http://www.leisureopportunities.co.uk/news/UK-Department-for-Work-and-Pensions-Sarah-Newton-Suzanne-Bull-Johnny-Timpson)

# Afternoon Tea with a Pony

## For people living with dementia and other disabilities

Call us on 01242 584420 to discuss availability. We can send you a booking form by post or email. We welcome individuals (with a family member or carer) or groups of up to 6 people to include family member or carer.

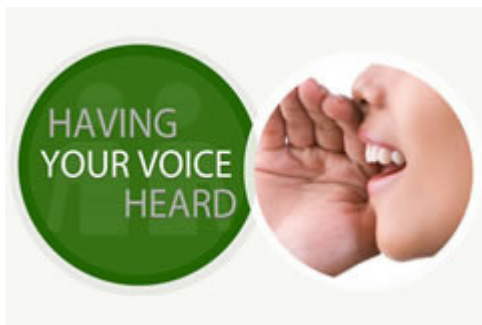
During the school holidays we may be able to accept groups of up to 10 to include a family member or carer. Individuals must be accompanied by a family member or carer. £10.00 per individual and one family member or carer. Payment can be made on the day in cash or cheque payable to Cotswold RDA or invoiced after session.



# Thank You for Sharing our e-Newsletter



Thank you to everyone who has shared our e-newsletter over the last month including:



Have you read our newsletter? Let us know by sharing on social media.



# Get in Touch with Us



## Disabled Living

Head Office - Disabled Living, Burrows House, 10 Priestley Road, Wardley Industrial Estate, Worsley, Manchester M28 2LY



## Telephone

0161 607 8200



## Email

[info@disabledliving.co.uk](mailto:info@disabledliving.co.uk)



## Website

[www.disabledliving.co.uk](http://www.disabledliving.co.uk)

**For training rooms and sensory rooms contact Redbank House**

Tel: 0161 214 5959

Email: [info@redbankhouse.com](mailto:info@redbankhouse.com)

Website: [www.redbankhouse.com](http://www.redbankhouse.com)

