

CIL DIARY

Tuesday

1st and 3rd Tuesday of the month

Peoples Voices

Advocacy Drop in Service

or by appointment

10.30am - 12.30pm

1st Tuesday of the month

Stroke Peer Support Group

Drop In

10.00am—12.30pm

Wednesday

2nd Wednesday of the month

MS (Multiple Sclerosis) Drop-In

For Newly Diagnosed and Injection Therapy

1.00pm—3.00pm

Drop In

Thursday

Every Thursday afternoon

Welfare Rights Surgery

By appointment only

DLA (Disability Living Allowance) and

AA (Attendance Allowance)

Form Filling

Wednesday afternoon and Friday morning

By appointment only

Team-Talk



MK CIL Disability Information Service

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CIL Manager's Letter

Dear All

Welcome to the latest issue of Team-Talk. The lateness of this Autumn issue is an indication of just how busy life is at CIL these days.

The information team have been handling more enquiries than ever before, and we are fully booked up for our assistance with the completion of **first time DLA claims**.

At the end of September we had a **farewell** retirement party for **Clemancy Pym**, who had been a long-standing volunteer at CIL, and had worked hard to set up our equipment display areas. We will miss Clem as a friend and colleague and thank her for the huge contribution she has made to the work of CIL over the years.

We had a whole team awayday at the end of July to visit a large **Independent Living Centre** at Sandwell, which reinforced our own desire to have a large Independent Living Centre here in Milton Keynes, The Powell Foundation are funding a consultant to look into the ways forward to make that dream a reality.

We have been leading a steering group working with the other 5 strands of Diversity and in partnership with Milton Keynes Council. Together we put on a highly successful **Equalities and Diversity Conference** at the end of September. We hope that this will give rise to better opportunities of working together on equality issues.

Please do be in touch with us if you need information on any disability related issue.

Diane M Gordon, Manager

A great fruit cake recipe

As we enter the cake making season I found this recipe from an old edition of Team-Talk and as many of you might not have seen it first time thought I would include it again. Remember though that it must be taken with a large pinch of salt !

You'll need the following: a cup of water, a cup of sugar, four large eggs, two cups of dried fruit, a teaspoon of baking soda, a teaspoon of salt, a cup of brown sugar, lemon juice, nuts and a bottle of whiskey.

Sample the whisky to check for quality.

Take a large bowl. Check the whisky again. To be sure it is the highest quality, pour one level cup and drink. Repeat. Turn on the electric mixer, beat one cup of butter in a large fluffy bowl. Add one teaspoon of sugar and beat again.

Make sure the whisky is still okay. Cry another tup. Turn off the mixer. Break two leggs and add to the bowl and chuck in the cup of dried fruit. Mix on the turner. If the fried druit gets stuck in the beaterers pry it loose with a drewscraver.

Sample the whisky to check for tonsisticity. Next, sift two cups of salt. Or something. Who cares? Check the whisky. Now sift the lemon juice and strain your nuts. Add one table. Spoon. Of sugar or something. Whatever you can find.

Grease the oven. Turn the cake tin to 350 degrees. Don't forget to beat off the turner. Throw the bowl out of the window, check the whisky again and go to bed.



Breathe Easy

Breathe Easy is a local support group for anyone affected by lung disease. Breathe Easy is affiliated to the British Lung Foundation.

They aim to provide information and support for patients, family and friends of any one affected by lung disease.

They meet at Woughton Parish Council Office Netherfield, from 2pm on the third Wednesday of every month.

For more details contact Lesley on 01908 377234.

Volunteer Profile

The information service at MK CIL is delivered by a team of 17 dedicated volunteers. Over the next few editions we will be featuring a profile of one of our volunteers to give them the opportunity to introduce themselves to you.

Our first volunteer profile is Emma who works on Fridays helping with essential office admin and keeping our leaflets up to date.

“Hi, my name is Emma and I have been a volunteer at CIL for nine months. I really enjoy working in the office and it is good to know I am assisting other people.

The staff team and manager are very friendly and they are supporting my skills development.

My hope is that the confidence and experience gained will enable me to try new things.”

Emma

What's on the Horizon at CIL

The Transformation Agenda for Adult Social Care

The heading sounds complicated, but what it means is that the whole ethos of Social Care provision is set to change over the next three years to put the person receiving the service much more in control. It will involve a move from care plans written by the social workers to support plans written by the users, and funding being given to the users to meet the agreed outcomes. It will involve different levels of support. Everything is at the very early stages, but a key point is that Milton Keynes Council (MKC) want to involve users throughout the process.

MKC employed the services CIL to aid the participation of users in their two Transforming Social Care Conferences held in July.. The talks from users in other council areas, where they are further along in the process of change, gave a good insight of what could be achieved. MKC have just appointed a Programme Lead person who will take forward the process of change here and have begun the process of appointment for a Commissioning Lead person.

Weighing Machine

Client's of CIL have been telling us for some time how difficult it is to get weighed if you are in a wheelchair. We are looking into the possibility of having a weighing machine here for use by our clients, but, in order to do this we need to make a funding bid. Enclosed with Team-Talk this time is a flier for completion if you would like to take advantage of this service if it was on offer. The more of you who respond, the more likely it will be that we can get the funding so please spare a few minutes to complete it. Thank you.

A Rough Guide To Accessible Britain

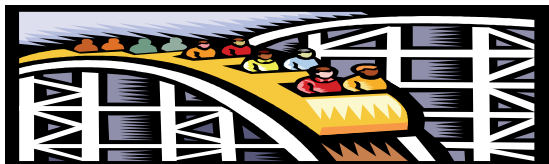
A Rough Guide to accessible Britain has been printed by Motability. The guide offers ideas and inspiration for disabled visitors. It's a brand new guide and is full of fascinating destinations ranging from theme parks to stately homes, seaside towns to galleries.

The Guides are free to Blue Badge Holders (plus £1.99 p&p) and £6.99 (inc p&p) to all others.

It can be obtained by visiting

www.accessibleguide.co.uk

Or by phoning **0800 953 7070**.



Hospital Car Parking Charges

If you are visiting MK Hospital, either for an appointment or as a visitor, you are exempt from parking charges if you are a blue badge holder. If the disabled parking bays are occupied you can still use a normal parking bay, , simply take your ticket and Blue Badge to reception on arrival and they will give you a ticket to enable you to leave without having to pay.



Ricability (continued)

Ricability has an online search tool to enable you to select a particular model of car based on key car measurements. For example, you can find car models with: the right seat height you use to transfer in and out of a car easily

Mobility guides

There are a series of mobility guides : Choosing a car, Car controls, Getting a wheelchair into a car, Getting in and out of a car, Address List supplement, Wheels within wheels: a guide to using a wheelchair on public transport.

Booklets are also available aimed at drivers with specific impairments. They include comments from other drivers and were produced in partnership with disability organisations and the Forum of Mobility Centres: The booklets available are:

- Motoring after amputation
- Motoring with restricted growth
- Motoring with multiple sclerosis
- Motoring after brain injury
- Motoring after a stroke
- Motoring with arthritis
- Motoring with cerebral palsy

Copies of the mobility guides can be obtained completely free of charge from MK CIL .

Alternatively copies can be obtained, free of charge, except for cost of postage, by sending a large (A4) self addressed envelope with 66p in stamps to:

Ricability,
30 Angel Gate, City Road, London EC1V 2PT
Telephone: 020 7427 2460 Textphone: 020 7427 2469
e-mail: mail@ricability.org.uk
Website: www.ricability.org.uk .

Ricability – impartial information

Ricability is an independent consumer research charity that tests products and provides impartial information for disabled people. Ricability information is impartial and thoroughly researched. It can help if you are looking to buy some products. Each Ricability guide lists other useful organisations.

Ricability is currently working on 4 main projects: Digital TV, car measurements, motoring guides and product reviews. Digital TV: products on test.

Ricability has been carrying out independent testing of Digital TV products and the results are available free at a separate Digital TV website www.ricability-digitaltv.org.uk. The website and performance tests, which have been funded by the Government, are strictly independent and unbiased and cover: indoor aerials, set-top boxes, digital recorders and TVs.

At the end of November, Ricability is going to launch a product review website www.product-reviews.org.uk

Ricability need people to write reviews about products you use: good, bad, specialist or mainstream. Could you spend a short time online to register and review a product you have used?

Please register and voice your opinions about products at www.product-reviews.org.uk

FOODBANK

The Milton Keynes charity 'Foodbank' now has a new distribution point at the Crosslinks Centre based on the Lakes Estate in Bletchley.

The Foodbank provides people with the essentials at a time when they need them most. Filling the gap of days or sometimes weeks before other parts of our social infrastructure can come into play.

The Foodbank collects donations of dried and tinned food through supermarkets, churches, schools and individuals.

Food parcels are made available to local families and individuals sent on referral. Referrals come from registered professionals, including doctors, health visitors, church pastoral workers and social workers.

The Foodbank welcomes donations of the following types of food: cup a soup, dried pasta and rice, tea, sugar, cereal, tinned fruit and veg, baked beans, tinned tomatoes, long life milk, rice pudding, tinned soup, tinned spaghetti, biscuits, jam, pasta sauce. Any donations should be taken to Milton Keynes Christian Centre main reception between 9am—4pm (Monday to Friday) and between 8am– 1pm (Sundays).at Strudwick Drive Oldbrook.



Did You Know?

London has more than 5000 acres of parkland. These include more than 600 garden squares, 148 parks and gardens, 122 heaths, commons and greens, 16 city farms, eight royal parks and one historic battlefield in Barnet.



The Great Outdoors

Gardening, growing veggies, kite flying and wildlife conservation tasks - being outdoors is not only great fun it can keep you healthy too! An innovative new project called Get Active in Milton Keynes has been launched in order to encourage people to get fit and feel the benefits of being outdoors, getting fresh-air and enjoying nature.

The project, run by The Parks Trust, will run sessions in community gardening, learning how to grow food, organising family days and activities, and providing opportunities to help wildlife through conservation activities. It aims to encourage people and groups to enjoy the natural world around them whilst improving their fitness and the way they feel.

Julie Webb, Active Parks Coordinator at The Parks Trust, said: "Driving to work, sitting at a desk all day, driving to the supermarket, watching TV or surfing the net - we lead increasingly sedentary lives, so we are really hoping to demonstrate that our parks and green spaces provide a brilliant opportunity for having fun whilst at the same time improving your health and wellbeing".

Get Active in Milton Keynes is part of a Green Exercise Project funded by Natural England and run by The Parks Trust in partnership with Milton Keynes Primary Care Trust.

For further information or to join any of the organised activities please visit www.theparkstrust.com or contact Julie Webb on 01908 233600.



Council Home Improvement Scheme

Under a new scheme the council has up to £1.3m to loan out over the next three years to pensioners so they can improve the warmth, comfort, safety and security of their homes.

This has been made possible thanks to a link up with the Regional Housing Board that has supplied the cash to allow the council to offer loans for needed home repairs

But before the scheme launches, the council wishes to find out the public's views on how best to run the scheme including setting a maximum amount to loan. The minimum loan is £1,000

Who is eligible?

Any householders who are aged 60 years or over in the case of joint owners, each must be at least 60 years of age.

Roland Payne, housing needs manager for the council, said: "We have created a loan that will assist those who are cash poor but asset rich to improve their home before or during retirement and you repay as little or as much of the loan as you like each month, "You can even choose to pay nothing back until you leave your home or it is sold. All this is backed up with the peace of mind that the loan is provided by your local authority on a not-for-profit basis."

To offer your views on the scheme and to find out more write to:

Roland Payne, Housing Needs Manager at
Civic Offices, 1 Saxon Gate East, Central Milton Keynes
MK9 3EJ

Telephone: 01908 253271 or

email privatesectorloans@milton-keynes.gov.uk