

Devon *Link*

Summer 2008

Free

The regular magazine for people with physical and sensory disabilities in Devon

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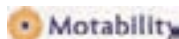


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Devon **Link** – Summer 2008
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ISSN 0266-5964

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For advertising matters only (not classifieds).

Cover picture Visitors from the Back-Up Trust get ready to kayak on Wistlandpound reservoir at Calvert Trust Exmoor. *The Back-Up Trust is a national charity supporting people with spinal injuries.*

Devon Link is also available in Large Print and on Audio Tape. Contact us for your regular free copy.

Devon **Link**

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Shopmobility

Shopmobility can provide manual and powered wheelchairs and scooters to help people with limited mobility shop with independence.

Do you have difficulty getting around the shops?

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Would you like to borrow a scooter or wheelchair?

If you have a disability whether temporary or permanent, then try Shopmobility on:

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Brixham 01803 858304

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Newton Abbot 01626 335775

Paignton 01803 521771

Teignmouth 01626 777775

Tiverton 01884 242099

Torquay 01803 380982



Ring and Ride

Do you have physical difficulty using local bus services?

If so why not try the **Ring and Ride**

Wheelchair accessible minibus from your own front door to town and return.

For further details and to book a journey please ring the coordinator for your area.

Axe Valley 01404 46520

Crediton 01363 773303

East Teignbridge 01626 888777

Exeter 01392 494001

Exmouth 01395 266662

Honiton 01404 46529

Ilfracombe 01271 855951

Ivybridge 01752 690444

Northern Devon 01271 328866

North Tamar 01409 259001

Okehampton 01837 55000

Tavistock 01822 618028

Tiverton 01884 242099

Torbay 01803 201000

Torridge 01237 423232

Totnes & Dartmouth 01803 867878

West Teignbridge 01626 334428



Get active this summer

SO FAR it seems that 2008 is determined to beat 2007 in the 'wettest summer' stakes... so why not enjoy the process of getting wet – like our cover stars – and take up a water-based activity or sport. North Devon adventure centre Calvert Trust Exmoor offers a wide range of activities for disabled people, such as sailing, canoeing and kayaking, as well as plenty of other 'dry' pursuits. Find out more in our feature on page 12.

For the explorers among us, *The Rough Guide to Accessible Britain* can provide plenty of inspiration for summer days out, whatever the weather. The guide covers the length and breadth of the UK, highlighting accessible attractions from Inverness to the Isles of Scilly. Read all about it on page 10 and then enter our competition to win a copy of the popular guide.

“The guide covers the length and breadth of the UK.”

If relaxing in front of the television is more your style, you need to be ready for the switchover from analogue to digital TV early next year. We've put together a brief guide on page 9, with plenty of tips and advice. Whatever you enjoy doing – have a great summer! Best wishes, **Sarah**

LINKs look at local health and social care

NOT TO BE confused with Devon *Link*, the new Local Involvement Networks – or Devon LINKs – have taken over the influential role of independently monitoring and advising health and social care providers in Devon.

As health and social services across the country become more and more integrated, the government has asked social service authorities to create LINKs in their areas.

Previously, Patient and Public Involvement Forums have monitored and influenced health services. But from this month LINKs play that role, with an extended remit to include scrutiny of social services as well.

LINKs are a network of local people, organisations and groups that want to make health and social care services better. They give local people the opportunity to influence health and social care services and enable them to have a strong voice in how services are planned and run.

They are looking at any publicly funded health or social care related service, be it provided by the National Health Service, a local authority, private company, social enterprise or a charity. That includes for example day centres, care homes, hospitals, GP surgeries, as well as health promotion.

Their job is to give people the chance to say what they think about their local health and social care services – what is working well or not. And to feedback those comments so that changes might be made for the better.

Charged with creating LINKs in Devon, the County Council has appointed independent specialists East Devon Volunteer Support Agency to support them, after an extensive tendering process.

Councillor John Rawlinson, Chairman of the Full Council, said:

“I welcome the new LINKs and look forward to a close and constructive relationship with them. It's vital that health and social service authorities listen to the people they serve, and the new LINKs will help us do that by providing them with a truly independent voice.”

Marilyn Fearon, Chief Officer of East Devon Volunteer Support Agency (EDVSA), said:

“This is an exciting opportunity to build on previous experience and expertise of Patient and Public Involvement works and use our extensive voluntary and community sector contacts across Devon.

“We are looking forward to developing and supporting the new Devon LINK, working to help it grow into a dynamic and inclusive body that really widens community engagement.”

For further information or to express an interest, visit devon.gov.uk/link and register.

Or register by post to The Devon LINK, EDVSA, FREEPOST SWB30949, Honiton, EX14 1RP.

For general enquiries email devonlink@edvsa.org.uk or ring 01404 549045.

“This is an exciting opportunity.”

News from *West Devon*

Stroke Group awareness walk

Members of the Stroke Association's Communication Support Group from Tavistock recently took part in a walk to help raise awareness of Aphasia – a communication disability which can affect people after a stroke. The Stroke Group provides practical support for people with Aphasia. They meet on the first and third Thursday of each month from 10am - 12pm at the Anchorage Centre in Tavistock. For more information about the club ring Judi Thornberry on 07717 275819 or the Stroke Association helpline on 0845 3033 100 (stroke.org.uk)

New sensory group meets in Okehampton

A new group for people who are deaf, blind or have a combination of sight and hearing loss will be meeting regularly at Fairplace Church in Okehampton. Glynne Miller, the Deafblind UK's Rural Link Officer for Devon and Cornwall has organised the meeting, and she can also offer support and advice to people in their homes. She can be contacted via the 24 hour free helpline (where you can also learn more about Deafblind UK's services) on 0800 132320 or telephone her direct on 01837 851273.

Ten Tors success

Stacey Barrett-Nicholls from Tavistock, a student at the Dame Hannah Rogers Trust in Ivybridge, successfully completed the seven and a half mile Ten Tors Jubilee Challenge in just five and half hours. Stacey, who uses a Meywalker frame to assist her, and 300 other competitors took part in the challenge for young people with special physical or educational needs. This year saw brilliant sunshine for the event.



Pat Mayston devonlink@mayston.eclipse.co.uk

Social network for artists

KALEIDO Disability and Deaf Arts has set up a social networking site for Disabled and Deaf artists across the south west. The network allows artists to meet one another online, get questions about local opportunities and events answered, engage with art locally and discuss other issues facing them across the region.

In addition, Kaleido has launched it's new website: kaleidoarts.org – a hub for the latest information about Disability and Deaf arts

across the region. It is also provides information about how to become a professional artist, what organisations are in your area, upcoming events and projects, and an artists' gallery of work.

For social networking visit kaleidodisabledarts.ning.com. For more information about Kaleido visit kaleidoarts.org, email communications@kaleidoarts.org or ring 01392 219440.

News from *East Devon*

'A Team' saved

Sidmouth's Manor Pavilion Theatre has an audio descriptive service, known as the 'A Team'. Thanks to this team visually impaired people are able to enjoy performances through description of the sets and actions. However, a lack of volunteers meant that the service came under threat recently. Thankfully several people have now come forward to help.

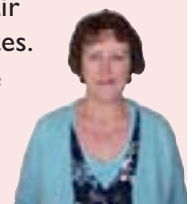
Nettie in training

Nettie the guide dog puppy is in training with her walker Francis West from Colyton. She trains for four hours a day – getting used to signs, sounds and smells she'll come across when she's fully trained. "It's a 24/7 commitment" says Francis, "Guide Dogs for the Blind are often looking for new walkers." For more information ring 0845 371 7771 or email volunteer@guidedogs.org.uk

Leaflets from Stagecoach

Disabled travellers in East Devon may find bus travel a bit easier thanks to new leaflets from Stagecoach. One entitled 'Making your Journey Easier' lists assistance available as well as contacts – so travellers can check on wheelchair accessible bus routes.

For copies ring the Stagecoach head office on 01392 427711.



Patricia Clow

patricia.devonlink@yahoo.com

News from *North Devon*

Physiotherapy for MS

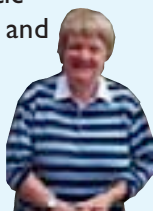
Physiotherapy classes for people with Multiple Sclerosis are held at Grosvenor Church, Barnstaple every Wednesday between 11am-12pm and 12.15-1.15pm. Physiotherapist Angela Moor, who runs the classes, says that "the exercises are specially adapted and tailored for people with MS". For more information ring 01271 344028 or the rehabilitation centre at Bideford Hospital on 01237 478183.

Chronic Fatigue relief

Myalgic Encephalomyelitis (ME) and Chronic Fatigue Syndrome (CFS) patients may find help at The Oakley Clinic, at the Castle Centre in Barnstaple. The clinic specialises in a three day course known as the 'Lightening Process', which has a high success rate for people recovering from ME and CFS. For more information ring 01237 477665.

Well done Bobby

Bobby Talbot-Adams and his friends have raised £600 towards a special wheelchair for three-year-old Harlum Lewis. Nine year old Bobby, swam 10,000 metres at his local pool in Torrington, along with three friends. The all-terrain wheelchair will mean Harlum, who has spastic diplegic cerebral palsy and dopa responsive dystonia, can enjoy going to the beach with his family.



Jackie Oldham

jackie.devonlink@btinternet.com

Changes at Torbay DIS

TORBAY DISABILITY

Information Service provides information and advice to support independent living in the community for people with disabilities, carers and families in Torbay.

As well as an enquiry service, Torbay DIS offers a range of other services, including a wide range of useful information sheets that can be viewed or downloaded from the Torbay Care Trust website at torbaycaretrust.nhs.uk/publications/information-leaflets

Please note that contact details and opening times for the Torbay Disability Information Service have now changed to:

Tel. 01803 546474

Textphone: 01803 546497

Fax: 01803 546498

Email: dis.torbay@nhs.net

Opening times for telephone enquiries and drop-ins:

Monday to Thursday 9am - 4.30pm
Fridays 9am - 1pm

The telephone number for Signposts for Carers is still 01803 666620 and the email address is: signposts@nhs.net

For further information, contact Torbay Disability Information Service. (Residents of Devon living outside of Torbay should contact the Devon Disability Information Service on 0845 1551 005.)

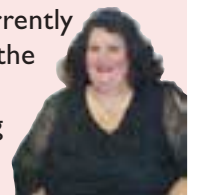
News from *Torbay*

Library services for visually impaired

Torquay library hosts a small group for visually impaired people, who meet for an hour every month on a Thursday. If transport is a problem there are limited funds for a free taxi courtesy of Devon Association for the Blind. Jennie Crisp introduces a selection of audio books at the meetings, which members can borrow and then discuss next time if they wish. For more information contact Jennie on 01803 208294. In addition, Torquay and Paignton libraries both have a free-standing Bierley reader – which magnifies documents, while Churston and Brixham libraries have a version that uses a computer monitor. On the subject of computers, MAGic screen magnification and Jaws screen reading software is available on one computer in each library. The libraries advise that you book to use the computers in advance.

Wheelchair dancers aim high

Special mention for the Brixham wheelchairs dancers who are doing very well at the moment. Two members are currently taking an instructor course to encourage the rest of the team. The dancers go from strength to strength and above everything else enjoy themselves, while keeping fit and interacting with their fellow members.



Diana Frost diana.devonlink@btinternet.com

DIS stand popular at show

DEVON'S Disability Information Service (DIS) hosted a well-visited stand at the South West Disability Show, which took place at the Westpoint Centre in June.

DIS Advisers Sheena Trethowan and Sue Longworth took the opportunity to offer face-to-face information to the public.

The stand was shared with DISC+ – who provide information for families of children with special needs, and Devon County Council's Transport Co-ordination Service.

The stand was such a success the DIS Advisers hope to be back at next year's show.

News from *Mid Devon*

Windmill has new Wildlife Garden

Staff from EDF Energy prepared a special garden for people with brain injuries at the Windmill Centre in Cullompton. Working in conjunction with Brain Injury Awareness Week, they prepared an area for landscaping and helped to make a wildlife habitat, complete with a pond. Under the 'helping hands scheme' EDF staff are able to spend two days a year supporting a local project. The Windmill is run by the Brain Injuries Rehabilitation Trust as a residential assessment and rehabilitation centre for people with acquired brain injury.

Soul singer backs hearing campaign

Joscelyn Eve Stoker from Uffculme, better known as famous soul diva Joss Stone, is backing the Hear the World campaign to raise awareness of hearing loss. She said: "My hearing is so important to me. I couldn't imagine my life without it, which is why I want to help raise awareness. Hearing loss is one of the world's most preventable disabilities, but it is also one of the most common. If I can help just one person to protect their hearing then I will be happy." For more information visit hear-the-world.com

Yellow bus for transport association

Tiverton and District Community Transport Association have taken delivery of two vehicles that can accommodate wheelchairs, walking frames and scooters. The yellow minibus and accessible car are driven by voluntary drivers and available to individuals and groups for medical appointments and social outings. The charity raised £10,000 towards the cost of the vehicles by organising fundraising activities, such as raffles, and cake stalls. For information about the vehicles and their availability as well as the work the transport association does, telephone 01884 242099 or email julie.woolley@tdcta.org.uk



Patricia Clow

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News from

Exeter

New stroke drug service

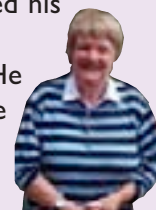
Access to a new drug – thrombolysis – could help to aid recovery. The drug dissolves blood clots, which stop blood reaching the part of the brain affected by a stroke. The Royal Devon & Exeter Hospital has led the way for more than four years in developing a thrombolysis service. Thrombolysis is licensed for patients up to the age of 80 and treatment must be given within three hours of the onset of stroke symptoms.

Relief from Chronic Fatigue

Belmont Park sensory garden in Exeter has landed a top regional award. The garden won the Planting Places Award from Sustainability South West. The awards "celebrate and reward brilliant examples of urban greenspaces in the region". Galvin Short, the garden's designer, received the award at the ceremony in Weston-Super-Mare.

Blind Pianist stars

Pianist Derek Paravacini inspired children at the West of England School and College by playing at the school's 170th anniversary. Derek, 28, is blind and has learning disabilities and was recently the subject of an ITV documentary. He plays entirely by ear and has memorised his repertoire of many thousands of pieces. He began playing when he was only two years old.



Jackie Oldham

jackie.devonlink@btinternet.com

Cora is elated at good news

A RETIRED NURSE who was told that the NHS would not pay for her eye care is “elated” after being told she is now eligible for treatment.

Cora Slade, from Sidmouth, suffers from the wet form of age-related macular degeneration (AMD).

After being told that her eyesight did not meet NHS criteria for Lucentis, she was given the option of paying privately for an alternative drug, Avastin, at £800 an injection.

Mrs Slade, 74, said she felt the NHS had turned its back on her in her time of need.

But her and husband Don's despair turned to relief when they visited her consultant at the Royal Devon & Exeter Hospital and received the news that the Devon Primary Care Trust had recently altered its criteria for the use of the drug.

Mr Slade said: “As soon as we got there, her consultant, Mr Ling, put drops in Cora's eyes in order to examine them.

“He said the eye was looking very good but the criteria had changed and Cora was in a position where, if future injections of Lucentis were required, she would get it free.

“I can't tell you how pleased I was, and she's elated.”

Exeter newspaper *The Express & Echo* has been campaigning for more people to be offered the sight-saving drug Lucentis on the NHS. In a success for the Save Our Sight campaign, Devon PCT announced last month that it would supply Lucentis ahead of national guidance being formalised.

Story reprinted courtesy of Nadia Stone at *The Express & Echo*

News from *South Hams*

South Hams Access Group

The South Hams Access Group has recently restructured and would welcome new members. In the past the group has carried out access surveys for local businesses, and in town centres and village halls. They helped with the development of the Dartington to Totnes Riverside Path, which I featured in my last South Hams column. If you are interested in being involved with the group contact Hugh McCahill on hmccahill@ic24.net or ring 01803 863722.

Harry's wish is granted

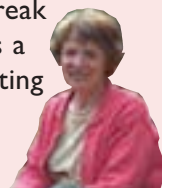


Picture courtesy of Make-A-Wish Foundation UK

Harry Wilson-Deane from Totnes was granted a special wish for a tandem bike so that he can carry on cycling with his family. Harry has lost his sight due to a rare form of cancer – Anaplastic Astrocytoma. The bike, and a trailer to transport it on trips, was provided by the Make-A-Wish Foundation, which grants wishes to children and young people who are fighting life-threatening illnesses. If you would like to know more about the charity visit their website make-a-wish.org.uk or phone 01276 405060.

News for carers

A new Advocacy service has been launched by South Devon Carers Consortium, for carers who live in South Hams and West Devon (and Torbay and Teignbridge). By providing an independent voice the service supports and represents carers dealing with other agencies – who have encountered a problem that is proving difficult to resolve. If you think the service could help you please ring 01803 294275. Also – carers of adults can take a break from caring at a cost of £2.50 an hour for up to 3 hours a week. Vouchers are provided for a day or evening sitting service in carer's own home. For details of eligibility phone Sadie on 01392 823315.



Pat Mayston devonlink@mayston.eclipse.co.uk

News from *Teignbridge*

Meeting and sharing

Mike Simmons recently told me about the local branch of the Parkinson's Disease Society. They meet regularly at the lovely Langstone Cliff Hotel, Mount Pleasant Road, Dawlish Warren, at 10.30am on the second Tuesday of each month (except August). Mike told me that they often organise fun days out, often to places like garden centres, and that the branch can arrange transport free of charge. If you would like to go along or find out more contact Mike on 01626 888791 or Jenny Breeze on 01626 200656.

Football fun

Football sessions for children with disabilities are returning to Coombeshead College in Newton Abbot after a break. The sessions are organised by Devon Primary Care Trust. Those interested in either watching or taking part can go along to the college on Saturdays from 11.30am – 12.30pm. For more information contact Sarah Mumford on 07971 975786 or 01626 357048.

Local couple dream of success

A blind couple from Teignmouth are training for the national disabled horseriding championships in July. Phil and Louise Jenkins have taken part in the championships for the last four years. They are currently working with new horse Rosie and hope to do well this year. Not only that but they are both working towards an open university course! The couple would be grateful of any offers from people able to spare an hour or so to be a reader for them, or to be available at short notice to help them out. Phil and Louise can be contacted on 01626 779877 or email louise@burntofferings.co.uk

Breathe Easy and exercise

From 22 May the Teignmouth Breathe Easy Group have a new exercise instructor – Margo Lynch. The group meets at the Ice Factory in Teignmouth, where a warm welcome awaits all. If you would like more information ring 01626 774707.



Diana Frost diana.devonlink@btinternet.com

Hike in fuel price and car tax affecting all

DISABLED PEOPLE living in Devon fear becoming virtually housebound due to the increased costs of fuel and car tax.

Disability organisation Living Options Devon says some people who need a large car to transport vital equipment such as wheelchairs, walking frames, ramps or oxygen cylinders are struggling to afford the new higher car tax.

This, coupled with the rising cost of fuel, is forcing some people to consider getting rid of their cars altogether.

Living Options fears that for many a life without their own transport would leave them virtually

housebound, and says there is strong evidence that such isolation had a negative impact on people's health.

Jane Rolfe, South and West Outreach Worker with Living Options, said: "One disabled car driver we are in contact with in Plymouth needs a larger vehicle for his needs and wife's chair and frame. But he unfortunately misses out on the nil tax disc as the mobility component of his allowance is at the lower rate - so he does not qualify.

"Driving a larger car, that now would be hit hard with increased tax, is not a choice for him. This is an example of disability inequality

and I would welcome consideration in the regulations to redress the balance for those who fall between the complex benefit rules.

"As an organisation we have been involved, speaking to the people concerned, trying to chase a benefit appeal, liaising with Mobilize and involving the Haven Advocacy Project, which has written to MPs on his behalf."



Are you ready to switch?

In Spring 2009 Westcountry viewers will be among the first to switch from analogue to digital TV, with Exeter becoming the UK's first digital city.

Digital UK is the not-for-profit organisation leading the UK's switch to digital television, which starts in the Westcountry in April 2009. To find out more visit digitaluk.co.uk/westcountry

Digital UK will be sending information direct to each home to prepare people.

They will advise, re-assure and encourage action through national, regional and local TV, radio and press advertising.

There will also be a series of regionally focused events in the run up to the region's switchover.

For more information ring **0845 6 50 50 50**.

Deaf callers can ring **0845 23 03 80**.

To receive information in large print, audio, Braille or another language ring **0845 234 0388**.

ALL WESTCOUNTRY households can expect a series of direct mailings about the regional switchover process in the months before it happens. But there are bound to be vulnerable people who are still confused and anxious about 'losing' their TV.

The **Switchover Help Scheme** will offer eligible people practical help to make the change to digital on one of their TV sets at the time of switchover. It is being run by the BBC, at the request of government.

People could be eligible for help with switching if:

- they are aged 75 or over
- they get (or could get): Attendance or Constant Attendance Allowance, or Mobility Supplement, or Disability Living Allowance, or
- they are registered blind or partially sighted.

Most people will contribute £40 towards the basic offer. Find out more by calling **0800 408 5900** or online at helpscheme.co.uk

Read on to find out when your area is going digital...

Beacon Hill transmitter

Serving south Devon, including Torbay and South Hams, this will be converted from 8 April 2009.

Stockland Hill transmitter

Serving south-west Somerset, west Dorset and south-east Devon, including Exeter, this will be converted from 6 May 2009.

Huntshaw Cross transmitter

Serving north Devon, this will be converted between July and September 2009.

Caradon Hill transmitter

Serving east Cornwall and Devon, including Plymouth, this will be converted between July and September 2009.

Top tip!

You can check your postcode online at digitaluk.co.uk to see exactly when and how you will be affected.



New guide makes planning

The first book of its kind – *The Rough Guide to Accessible Britain* is packed with ideas for days out around the UK that are fun, manageable and simple to plan.

THE NEW GUIDEBOOK has been developed by Rough Guides in association with Motability Operations, the company that manages the car scheme for disabled people in the UK.

The guide features lively accounts of over 100 inspirational and accessible places to visit and things to do from exploring Sherwood Forest to soaking up the atmosphere at Wembley.

Most of the reviews were written by disabled researchers, whilst other reviewers were accompanied on visits by a disabled person.

The Rough Guide to Accessible Britain is a one-stop collection of ideas for making the most of leisure time, with the bonus that each location has been thoroughly checked out for disabled visitors, supplying all the information needed to plan a trip.

The concept of a guide which combines inspiration and information emerged from discussions with members of several disability organisations such as Mobilise and The Disabled Ramblers, hence their advice has helped shape the book.

In addition, Motability Operations surveyed customers to establish important factors when planning a

day out. Disabled visitors said that information on facilities such as accessible toilets was more useful than admission prices and this guided the facility listings provided for each entry.

Martin Dunford, publishing director for Rough Guides, explained: "Planning a day out taking into account accessibility requirements can be less than straightforward, with information patchy and often inaccurate.

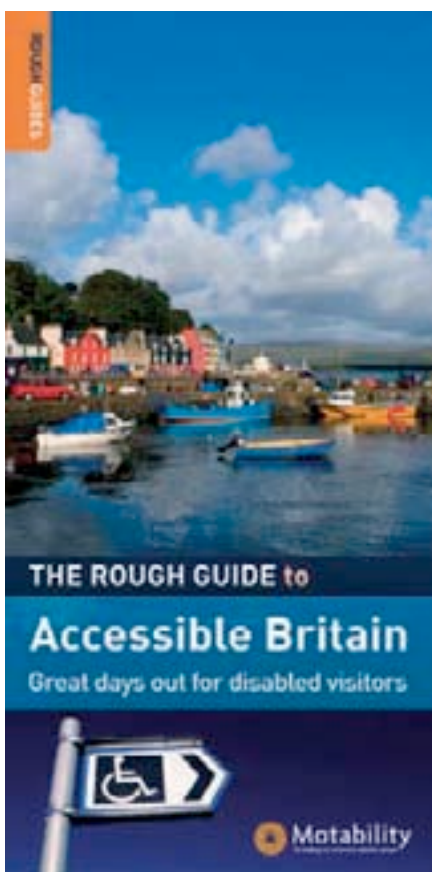
"There often seems to be an emphasis on what disabled visitors can't do.

"Most of the reviews were written by disabled researchers, whilst other reviewers were accompanied by a disabled person."

"The Rough Guide to Accessible Britain spells out all the opportunities, and addresses any barriers, to ensure that people can be clear about what to expect.

"With fair and honest reviews, *The Rough Guide to Accessible Britain* is a refreshing and inspiring tool for anyone looking to embrace their leisure time with confidence and a sense of fun, regardless of any mobility considerations."

Covering city centres, special interest categories such as parks and gardens, and even extreme challenges, *The Rough Guide to Accessible Britain* includes regional maps and details of useful organisations that offer more assistance.



trips easy



Discover which Royal estate offers flood-lit drives for disabled visitors, which attraction houses the accessible 'Children Eating Room' café, how to experience the South American rainforests in Cornwall, and where to enjoy a wheelchair-accessible ride on Brickadilly's Ferris Wheel – all in the new guide.

Highlights include:

- Clear regional maps to pinpoint days out within driving distance of home.
- Days out ideas for families.
- Sports arenas and events that are disability friendly.

The Rough Guide to Accessible Britain usually costs £6.99, but is FREE for Blue Badge holders (£1.99 postage and packing). To order ring **0800 953 7070** or visit accessibleguide.co.uk. Alternatively enter our competition to win a copy!

Rough Guide giveaway!

Devon Link has five copies of *The Rough Guide to Accessible Britain* to give away. For your chance to win just answer the following question:

In which English county can you experience the South American rainforests?

Send your answer, with your name and contact details to Devon Link, Adult & Community Services, County Hall, Topsham Road, Exeter EX2 4QR or email devonlink@devon.gov.uk. The closing date is 30 September 2008 and the winners will be announced in the next Devon Link.

Good luck!

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Get active – get involved

If you're tired of watching others having fun and you feel in need of excitement, maybe it's time you visited Calvert Trust Exmoor.



CALVERT TRUST Exmoor offers residential outdoor adventure for disabled people together with their families and friends. Situated on Wistlandpound reservoir in North Devon, people of all abilities have been visiting the centre for over 12 years. Some of the activities on offer include climbing, abseiling, riding, carriage driving, high ropes courses, archery, canoeing, kayaking, sailing, and orienteering! The benefits of these activities are numerous – increased confidence, team interaction, personal development, respite and fun.

Can all these benefits really be had from a humble break? Yes. The range and accessibility of activities means that everyone gets actively involved. The inclusiveness, encouragement and specialised equipment translate into increased independence and confidence. As one carer wrote recently:

“The self-belief the weekend has given my client is immeasurable. He'll use this new confidence in his daily life to help with his journey to independence.”

So, what exactly is on offer at Calvert? We take a closer look at some of what's available...

Climbing and abseiling

Even bad weather can't dampen the sense of adventure at Calvert. A new indoor climbing wall has a range of different climbs to suit varying abilities. If a guest can't leave their wheelchair to abseil, then there's the opportunity to

abseil in their wheelchair! The height, the adrenaline, the motion – chair users can feel it all. The climbing wall adds a whole new range of challenges and somewhere warm and dry for the winter months.

As a visitor pointed out last week: “To see members of our club who are wheelchair-dependent out of their chairs and ‘walk’ the wall was amazing.”

Canoeing and kayaking

Activities are adapted to allow everyone to get involved. Single or rafted Canadian canoes allow visitors to be challenged at different levels. People with limited mobility or in wheelchairs can be seated in a range of different ways – on supportive beanbags, a tied in seat for additional support or their own wheelchair (whatever the size). There are adapted paddles to assist with grip and hold.

Horseriding

There are various ways for guests to experience horseriding. Some are supported whilst riding and wheelchair users can try carriage riding.

Orienteering

Specially designed orienteering courses of varying lengths and levels of difficulty are available – they include photo orienteering, tactile orienteering, orienteering stories that maintain interest for those with a shorter attention span and a standard orienteering course.

Calvert Trust Exmoor has a number of bursaries available to fund activity breaks for young people with disabilities.

To find out more or to request a bursary application form call Lisa Young on 01598 763221.

Calvert Trust Exmoor
Wistlandpound
Kentisbury
Barnstaple
Devon
EX31 4SJ

Tel. 01598 763221
Fax: 01598 763063

calvert-trust.org.uk

Archery

The outdoor archery range is accessible to all. One arm bow stands assist the archer to both hold and draw back the bow. Quick release mechanisms are attached to the bow and allow those with limited grip or hand movements to release the arrow from the bow. Whatever the person's ability, archery is always a real hit!

As one parent described: "As a youth worker, I've done lots of the activities with other people's kids. I never expected, with my recently disabled daughter, to abseil or get beaten at archery by her."

Time to wind down

After all that activity, guests can relax in the hydro pool and enjoy the steam room and jacuzzi. For those needing complete downtime, there's a sensory room with changeable lighting, sound and visual stimulation.

Calvert accommodation is purpose built and accessible, the food is home-cooked and excellent. You'll rise to the challenge and enjoy yourself regardless of age, ability or even the weather! The Calvert motto is "it's not what you can't do, it's what you can do that counts".

Why not visit and find out for yourself?



Make a splash!

Visitors to Calvert Trust Exmoor can now put their aquatic skills into practice by gaining nationally recognised watersports qualifications: RYA Levels 1 and 2 in sailing and BCU 1 star in kayaking.

The jetty at Wistlandpound reservoir has a fixed hoist to safely allow guests to be lifted out of their wheelchairs and into their boats. Basic skills are taught in the indoor swimming pool, which has a similar hoist. Accessible dinghies are also available, enabling visitors with limited ability to sail.

The courses build confidence as well as skills, as Activities Manager Oliver Jenkins explains: "These courses give a huge sense of achievement to people that need the boost. Many guests discover a new sport that they will then keep up. Many more enjoy the feeling of freedom that such sports offer."

For more information on our new watersports qualification courses, please call Lisa Young on 01598 763221.

Employment support is on

This issue Disability Information Advisers *Sheena Trethowan* and *Sue Longworth* take a look at the new Employment Support Allowance, focussing on which benefits it will replace and how to find out if you're entitled.

FROM 27 OCTOBER 2008, benefits currently paid due to incapacity for work: Incapacity Benefit – both contributory and non contributory (also known as Incapacity in Youth Benefit and Income Support) will be replaced by Employment Support Allowance (ESA).

Existing claimants, and those claiming Severe Disablement Allowance, will continue to receive these benefits for the time being.

Entitlement to ESA will be dependant on a person's limited capability for work, rather than their incapacity for work, with assessments carried out through a new process, based on the old Personal Capability Assessment.

ESA claims can be based on National Insurance contributions, income, or incapacity for work in youth.

ESA is made up of:

- A basic allowance paid at the same rate as the Job Seekers Allowance personal allowance (currently £60.50 – aged 25 or over, or £47.95 – under 25) per week. Income-related ESA will be paid using an applicable amount and income rules, as for Income Support – but there is no disability premium in ESA.

Plus, after a 13 week assessment period either:

- A support component which is an additional payment made for the most severely disabled

or ill people who are assessed as not having 'limited capability for work-related activity', or

- A work-related activity component, which is for people who are ill or disabled who are assessed as having limited capability for work related activity.

Eligibility criteria

To be entitled to ESA, a claimant must be able to satisfy the basic conditions and also the conditions of the income / age / contributions based entitlement as appropriate. If the claimant meets both sets of conditions, contributory ESA will be topped up with income-related ESA.

For the basic conditions, the person must meet the following criteria:

- They must not be entitled to Income Support, Job Seekers Allowance either alone or as part of a couple, or to Statutory Sick Pay.
- They must be aged over 16 and under retirement age (currently 65 for a man and 60 for a woman).
- They must be living in Great Britain (circumstances may vary for this and entitlement may continue during a temporary absence).
- They must have been assessed as having 'limited capability for work related activity'.

For more information and advice about Employment Support Allowance, contact:

Disability Information Service

Tel. 0845 155 1005

Textphone: 0845 155 1020

Email: disabilityinfo@devon.gov.uk

If you live in Torbay, contact:

Torbay Disability Information Service

Tel. 01803 546474

Textphone: 01803 546497

Email: dis.torbay@nhs.net



the horizon

As well as the basic conditions, claimants must meet the conditions of either one or both of the contribution and income-related conditions.

Income-related

To be entitled to income-related ESA the person must satisfy the basic conditions of entitlement and,

- Have capital below the limit of £16,000.
- Not have a partner who is entitled to Income Support, income-based Job Seekers Allowance or ESA or Pension Credit.
- Not be in remunerative work.
- Have no income, or income which does not exceed the applicable amount.
- Not be in full time education (there are exceptions for disabled students – seek advice).
- Be habitually resident including a right to reside.
- Not be subject to immigration control.
- If you live with a partner, they will be included and this will affect the claim in the same way as it currently affects Income Support.

Contributory or non contributory (in youth)

To be entitled to contributory or non-contributory (in youth) ESA, you must satisfy the basic conditions, and either satisfy the National Insurance contribution conditions or the conditions relating to youth.

The National Insurance conditions are dependant on the amount of Class 1 or Class 2 contributions that someone has paid or been credited with during certain tax years before the beginning of the relevant benefit year.

For the conditions relating to youth, the claimant must:

- Have been under 20, or in some cases, 25 when the relevant 'period of limited capability for work' began.

- Have had limited capability for work for the previous 196 days (these can fall before the 16th birthday).
- Not be in full time education.
- Satisfy the conditions of residence and presence in Great Britain.

The two phases of ESA

There are two phases to ESA – the assessment phase and main phase.

The assessment phase is a period of 13 weeks in most cases, commencing with the first day of entitlement. The claimant will be assessed during this time to establish whether they have a 'limited capability for work' and whether they are entitled to the work-related or the support component.

In some cases a claimant can get either of the above components before the assessment phase has ended if, for example, the claimant is terminally ill or has previously been entitled to ESA.

During the assessment phase, contributory ESA will be paid at the basic rate (see above),

During the main phase, the claimant will be paid the basic allowance plus

- the support component, or
- the work-related activity component.

In the next issue of *Devon Link* we will look further into the assessments to determine eligibility, exemptions, the work-focused health-related assessment and the effects on your benefit if you work.

If you have any questions about ESA or any other benefit queries, please contact the Disability Information Service (see opposite page for contact details).

Training for practitioners and advisers on the new Employment Support Allowance is available from Devon Welfare Rights Unit tel 01392 274869 or email dwru@citizensadvice.org.uk.

Getting there on time!

Many people may find it embarrassing to talk about, but one in ten adults in the UK has difficulty getting to the toilet on time. *Philippa Greenslade* from the Independent Living Centre offers some practical advice.



THOSE FINDING incontinence a problem should first contact be their doctor or local continence service to find out if the cause can be treated or managed.

However, incontinence might have less to do with bowel or bladder function and more to do with poor mobility, style of clothes, or even the layout, location, height or shape of the toilet.

The type of fastenings on clothing can make a real difference.

Smooth, hard buttons of 2cm or more in diameter with a slightly raised rim are usually the easiest to manage. Rings, tassels or loops of fabric can be added easily and discreetly to zip tags to make them easier to grip.

There are a range of gadgets available from **Homecraft**, such as the nylon looped **Zip Pull**, the **Button Hook** and the **Pants Clip** – making lower garments easier to reach. The **Clip and Pull** from **Dignified Living** makes pulling up garments easier when using one hand.

Wearing the right underwear can also help. For people needing larger pants **The Big Bloomers Company** make really nice cotton underwear for both men and women. Some women find thongs or tanga styles easier to get on and off in a hurry, where

as others prefer loose fitting styles. For men – pants with a crutch fastener can be more convenient, these are available from **P & S Healthcare**.

Chums supply men's trousers with a traditional long zip fastener, which give better access when using a urinal or seated. Urinal design has improved over the years with some specifically designed for women, some attached to a draining bag and some with crystals which turn to gel on contact with urine.

“Raising the height of the toilet with seats on top or plinths underneath can make things easier.”

Continence advice service **Promocon** has supplier details for all these products or call us at the Independent Living Centre for more information.

Raising the height of the toilet with seats on top or plinths underneath can make things easier. When seated, the hips should still be level with, or lower than the knees, as sitting too high can make it difficult to open the bowels. Rails may be preferable and these can be free standing around the toilet, fixed to a toilet seat or fixed to the wall.

Personal hygiene after using the toilet can be a problem for those with limited mobility. The **Buckingham Healthcare Easywipe** may offer the extra reach needed, but if not, a

Expert advice

The Independent Living Centre will be hosting a free open event focussing on bathroom equipment on Wednesday 17 September. Why not pop in from 10am onwards to see for yourself the wide range of toilet equipment available. For more information ring the centre on **01392 687276**.



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separate bidet, or the range of toilet bidets available from **Geberit** or **Closomat** may be a solution. Although costing over £2000 they can be used as a toilet that also washes and dries. The **Bio Bidet**, which also washes and dries, can be added to an existing toilet and costs considerably less.

Suppliers

Bio Bidet

pdshygiene.com
 Tel. 01603 426700

Buckingham Healthcare

buckinghamhealthcare.co.uk
 Tel. 023 9279 0977

Closomat

clos-o-mat.com
 Tel. 0800 374 076

Dignified Living

dignifiedliving.biz

Geberit

geberit.co.uk
 Tel. 01622 717811

Homecraft

homecraft-rolyan.com
 Tel. 08444 124 330

P & S Healthcare

pshealthcare.co.uk
 Tel. 0115 968 1188

The Big Bloomers Company

thebigbloomerscompany.co.uk
 Tel. 01326 373268

For more information and advice about suppliers, contact **Promocon** on **0870 7774714** or the **Independent Living Centre** on **01392 687276**.



Andy Wilson Dip COT SROT SRMN



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 E-mail: creedycourt@autismcare.co.uk
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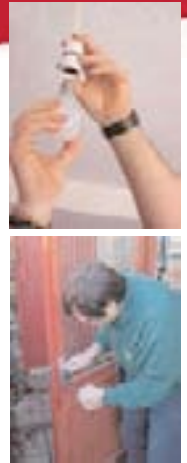
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RENAULT

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employers and gain the support they desperately need and deserve.

I am urging all carers reading this in the South West to visit www.carersuk.org or call the CarersLine on 0808 808 7777 for more information.

Imelda Redmond
Chief Executive, Carers UK

Transport worries



Dear Devon Link,

I have just received the Spring issue of Devon Link magazine and as always find interesting things to read. Good to hear Asda at Newton Abbot is fining drivers illegally using disabled and parent-and-child parking bays. Also about RHS Rosemoor being accessible.

However, this brings me to myself, I can only walk a few yards and use a mobility scooter. I also borrow a scooter from Paignton Shopmobility when in Paignton.

But the trouble for people like myself is getting to places like Rosemoor or anywhere else, i.e. the South West Disability Show in Exeter (advertised in the enclosed leaflet in the last Devon Link). Yes – there are bus passes available, but how do I get to the bus stop? If I get there I cannot stand while waiting for the bus to arrive.

I have an aunt in London who is also disabled, who tells me she gets cheap taxi rides. Unfortunately, it seems this idea has only caught on in certain parts of the country!

M Nunn, Paignton

Thank-you for your letter... Unfortunately, as you say, what's available can depend on where you live. However, take a look at the following information pages of Devon Link (pages 21 – 23). Details of specialised private taxi services for disabled people are highlighted in the 'taxi services' section. Several companies are mentioned, including one covering Torbay. Alternatively contact Torbay Disability Information Service on 01803 546474, or the Devon Disability Information Service (for residents outside Torbay) on 0845 1551 005 – both services should be able to offer advice for people with specific transport needs.

Appeal to working carers

Dear Devon Link,

It is a year ago this month since around 2.6 million carers in the UK were given the right, under the Work and Families Act 2006, to request flexible working – this is designed to help carers stay in work.

Unfortunately, a year on, many employees across the country, including in the South West, are still unaware of this Act. This is a crying shame as carers have a lot to offer in their jobs and they must be supported. The alternative for them can be as drastic as having to give up their jobs altogether, often leading to poverty and isolation.

The vast majority of carers are of working age and around three million carers regularly combine work and care – this means that one in seven working people is a carer. With the Prime Minister soon to announce a new national strategy for carers in this particular area, it's time employees questioned whether their employers are doing enough to help them carry out their caring responsibilities, while also holding down paid employment.

Flexible working enables carers to change their working hours and conditions to better fit the realities of caring. Furthermore, research with employers has shown that those who support carers in their workforce have lower staff turnover, reduced recruitment and retraining costs, improved productivity and reduced absenteeism. Armed with this knowledge, it's crucial that any carers reading this highlight the mutual benefits to their

i Local information services

Devon's **Disability Information Service** provides information and impartial advice for people with disabilities, their carers and their families. Open from 8am-8pm Monday to Friday, 9am - 1pm Saturdays. Tel. 0845 1551 005. Email: disabilityinfo@devon.gov.uk Minicom: 0845 1551 020. SMS: 07773 333231.

The **Torbay Disability Information Service** welcomes enquiries by telephone, fax, minicom, by post or in person. Open Monday to Thursday from 9am - 4.30pm and Fridays from 9am - 1pm. Based at The Chadwell Annexe, Torquay Road, Preston, Paignton TQ3 2DW. Tel. 01803 546474 Textphone: 01803 546497 Fax: 01803 546498 Email: dis.torbay@nhs.net

DISCplus provides information for the parents and carers of children with special needs. Tel. 0800 056 3666 Email: discplus@devon.gov.uk www.devon.gov.uk/discplus

i Local groups

East Devon Special Needs Action Group is a free information service for people with physical and sensory disabilities, carers and professionals. Information includes education, employment, support groups, charities, benefits, recreation, access, transport and mobility. Contact the group, by writing to: SNAG, Senphy Centre, St Michaels, Orchard Way, Honiton EX14 8HH:

Living Options Devon Outreach Project runs disability forums for people with physical or sensory disabilities. Regular meetings are held across Devon, and are a way for people to comment on the services they use and become actively involved in improving those services. Representatives from the forums have access to service providers and pass on views from members. Service providers are also invited to our meetings occasionally to hear feedback and take questions. All meetings are held in accessible venues and communication support is provided to ensure that everyone can participate fully. Travel costs are also paid. For more information contact Living Options Devon, Isca House, Haven Road, Exeter, EX2 8DS Tel. 01392 459222. Fax: 01392 423427. Email: info@livingoptions.org

The Deaf Equal Action Forum (DEAF) is a group of people who have similar experiences and understand each other. It's where Deaf people can share their experiences and support each other. It looks at the barriers that Deaf people face and thinks about how Deaf people could better access services. It's also a place to meet service providers face to face and improve services together. The group is part of the Deaf community. How can DEAF work for you? Can you understand your Doctor? Are you unhappy in the cinema or theatre because there are no interpreters or subtitles? Have you had problems with the Police, hospital, education, transport, events or anything else because of communication or other issues? If so, join us! Contact Living Options Devon, Isca House, Haven Road, Exeter EX2 8DS Fax: 01392 01392 423427, SMS: 07958 517919 e-mail: info@livingoptions.org

New Epilepsy Social Group – members of the Exeter branch of the Epilepsy Action Trust hope to develop the social side of their support group, which meets every month. The branch has recently appointed one of their existing members – Tina Sandford – as the branch's social group organiser. Tina hopes to generate more interest in the group by making the evenings more relaxed and informal. She would also like to see more young people benefit from the group as well as friends and family of those with epilepsy. Members of the group meet on the second Wednesday of every month, at the Palace Gate Centre in South Street, Exeter, to provide information and support to those with epilepsy. Speakers are often invited to the meetings, and members are actively involved in fundraising and raising awareness of epilepsy. Anyone is welcome to drop by to the meetings from 7.30pm onwards for a coffee and a chat. Alternatively, to find out more contact you can contact the group on 01392 272771 or email Tina at sandfordh@aol.com

Devon Ileostomy Association covers Devon and South Somerset and offers support to anyone with a stoma or about to undergo surgery for a stoma - ileostomy, colostomy, urostomy. The group has organised a meeting on Friday 31 October 2008 at 12 noon, at the Village Hall, Monkton, Heathfield, Taunton, with guest speaker Jill Catto. A pre-Christmas meeting has also been organised for Saturday 29 November 2008, at the Community Hall, Rydon Road,

Kingsteignton, Newton Abbot. Refreshments will be available and company products will be on display at both meetings. Anyone with a stoma is welcome to attend. For more information contact Margaret Bond (Secretary) on 01392 447374 or email Bomarg10@aol.com

Due to the refurbishment of their original premises, **Sound Out** – the East Devon support group for people with hearing impairment and their partners – is changing venue. From 15 October 2008 meetings will be held at Dunning Court, Dowell Street, Honiton. The day that meetings take place is changing too – they will be on Wednesday mornings from 10am - 12pm. As before facilities include disabled access and a loop system. Tea and coffee is available. Car parking is available nearby in the municipal car park (currently 85p per hour). Please contact Pat or Chris on 01404 54938 and leave a message, or email cy.clow@virgin.net or text 07702 504701.

Employment

Disability Employment Advisers and Incapacity Benefit Specialists offer assistance for disabled people looking for, or seeking to maintain, employment. Devon's contacts are:

Exeter	01392 473929
Plymouth	01752 616154
North Devon	01271 392115
South Devon: Torquay	01803 356065
Paignton	01803 354239
Newton Abbot	01626 236327

For Access to Work assistance in your employment (equipment, help with taxi fares and other support) contact Colin Reeves or Karen Battye on 01803 354318. For Pension enquiries contact the Pensions Service for Devon, Tel. 0845 6060265.

Pluss provides employment, training and equipment services for people with disabilities and long term health issues. We do this by offering disabled people a range of training and recruitment services, and through direct employment in our own manufacturing and mobility equipment businesses.

Our **employment services** include training, personal development, work experience, job-matching, job-search, in-work support and rehabilitation.

Our **equipment services** offer a one stop shop including assessment, purchase, hire, servicing and aftercare of disability equipment by fully trained staff,

many of whom have a disability themselves. **Pluss** is the largest provider of disability service with 26 sites across South West England. We have been in business for over 35 years and are owned by Devon County, Plymouth City, Torbay and Somerset County Councils. To find out more about your local service, please call us on 0800 91 777 92, email pluss@pluss.org.uk or visit www.pluss.org.uk

Taxi services

Go Cabs taxi service, based in Torbay, offer taxis with disabled access and space for other passengers to travel at the same time. Drivers are CRB checked. Tel. 01803 606060. Website: www.gocabs.net

Exe Access a specialist taxi service for people with mobility issues is now operational in Exeter. Part of Exeter Community Transport Association – supporting independent mobility. Tel. 01392 253004

Yelverton Cars private hire taxi service. 6 and 7 seater vehicles with wheelchair access. Available for airports, stations, weddings, local and long distance. Tel. 01822 616695 or mobile: 07970 052668.

33 Oak Road, Bishopsmead, Tavistock.
Email: eric.pinch@btinternet.com

Other services

Haven Advocacy assists and empowers individuals with physical and / or sensory disabilities, or older people experiencing general frailty to express what they want, secure their rights, represent their interests and to access services, in order to lead full and independent lives. Haven Advocacy is a professional advocacy service, providing one-to-one support to address health, social care and accommodation issues according to an individual's wishes and instructions. They can assist people with letter writing/phone calls, gathering information to enable informed choices, attending and supporting individuals at meetings and by signposting individuals to other services. Contact Haven Advocacy via Living Options Devon at Isca House, Haven Road, Exeter EX2 8DS. Tel. 01392 459222 / 456524. Fax: 01392 423427. Email: advocate@livingoptions.org

The **Devon Sensory Bus** is a free, confidential and impartial service for people with hearing and/or visual impairment. The specially converted and equipped bus



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Leisure and relaxation

visits towns and villages in West Devon and Torridge on a regular timetable. The bus has been adapted to include special listening devices, lighting and colour contrast. Families, friends and professionals are also welcome to use the unit. Trained staff who understand the effects of hearing and sight loss provide support and advice. A comprehensive range of equipment – to help with everyday difficulties such as hearing the doorbell, telephone and TV, or with reading newspapers and books – is available for demonstration, trial and loan. Advice is offered on coping with problems associated with sensory loss. To find out more ring 01392 383730 or email sensory@devon.gov.uk. Timetables are available online from devon.gov.uk/sensory-bus-timetables

Pharmacy to your phone – New NHS text service. Text 64746 followed by the service you require (eg. chemist or GP) and info about the nearest will be sent to your mobile with map/tel no.

Events

Open mornings on Wednesdays at the **Independent Living Centre (ILC)** in Exeter:

17 September – Showers and toilets

15 October – Office seating and office equipment

19 November – Kitchen and household equipment

All above events run from 10am – 1pm and are free and open to all. There is ample parking and level access. Tea, coffee and biccies are provided!

Isca House, Haven Road, Exeter EX2 8DS

Tel. 01392 687276 Fax: 01392 423427

Call us for a map and directions.

Parkinson's Disease Society – Teignbridge Support Group. Meetings are held at the Langstone Cliff Hotel, Dawlish Warren on the second Tuesday of each month at 10.30am:

9 September – Jan Green, presentation on 'Disability Transport'

14 October – Mary Purchase 'Living in China'

11 November – Jan Green 'Hearing Dogs for Deaf People'

9 December – Christmas lunch at the Langstone Cliff Hotel.

For more information or if you need help with transport please contact Chairman Mike Simmons or Treasurer Sheila Simmons on 01626 888791, or Secretary Jenny Breeze on 01626 200656.

Pamper weekends are now available at **Calvert Trust Exmoor**. During the day guests can enjoy massage, reiki, aromatherapy, hairdressing, manicures and reflexology. Alternatively they can relax in the pool, unwind in the jacuzzi or deep cleanse in the steam room. Both the pool and jacuzzi have hoists and the steam room as an accessible doorway. On the Saturday evening a 'Body Shop' party allows guests to try out new potions and lotions. The weekend is topped off with a celebratory party on the Sunday night to show off new hair, nails or makeup! Calvert accommodation is totally accessible and equipment such as electric beds and hoists is also available. Set on the stunning Wistlandpound Reservoir, surrounded by woodland, the centre has the perfect setting for a tranquil, relaxing break. Pamper weekends cost £175 per person and therapies are at an additional cost, ranging from £10-£25 each. For more information contact Lisa Young on 01598 763221. website: calvert-trust.org.uk

Affordable Complementary Therapies for carers – if you are a carer registered with Teignbridge Carers Link, you can now receive a range of complementary therapies for only £20 per one hour session. South Devon Carers Consortium and Westbank League of Friends have just funded the creation of the Teignbridge Therapist Link for Carers (TLC) which puts you in contact with therapists offering carers reduced rates for therapies such as: osteopathy, acupuncture, shiatsu, massage, reflexology and homeopathy. To find the support you need, visit the TLC Directory online at teignbridgetlc.org or email teignbridgetlc@googlemail.com

Accessible boating holidays on the glorious Kennet & Avon Canal. A canal boat holiday allows you to relax and let the cares of the world drift away as England's loveliest scenery slips by. The specially designed and adapted '72 Club' boat is operated on behalf of Queen Elizabeth's Foundation by the Reading Marine Company – providing fully accessible holidays along the beautiful Kennet & Avon Canal. The 55ft long, 12.5ft wide boat has enough space for up to three wheelchairs to manoeuvre easily below deck. For more information call the Reading Marine Company on 0118 971 3666 or visit online at readingmarine.co.uk



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Classifieds

Aids & Equipment

Bath Bubble and Motor Blower £396 in 1995 'Disabled Living'. Not needed since 2000. £80. Tel. 01363 772681.

Craftmatic 4'6" bed head and foot lift with massage control. Reversible orthopedic/firm mattress. Very good condition. Buyer collects £850 ovno. Tel. 01297 204381

Shower chair and commode with adjustable back and height. white, hardly used, cost £550, will accept £150. Tel. 01822 612992.

Pride Lift Chair will recline making a day bed. Excellent condition, used very little. Cost £1,300, will accept £600 ono. Tel. 01398 361433.

Wheelchairs & Scooters

4 wheeled Shoprider CH6 12" wheels, 6 mph, 10 years old, £500. Tel. 01884 252259.

Invamed wheelchair, virtually unused, small wheels, collapsible, lightweight and easily fits most cars. £145 Tel. 01404 822003.

Red Action 3 transit wheelchair. Simple folding, lightweight, medium size, adjustable back, used once. Pneumatic tyres, cost £500, will accept £200. Tel. 01822 612992.

4 wheel mobility scooter, excellent condition, little used, kept indoors, all usual extras. £500 ono. Classic Legend Pride. Tel. 01626 890966.

Vehicles

Vauxhall Corsa Combi N reg, Gowrings wheelchair conversion, with winch and straps. MOT 12 months. £3,950. Tel 01392 438505 after 6pm or text 07966 395724.

Holidays

Accessible Holiday home in Woolacombe, N Devon
Attractive site. Ramp accessible. Full use of facilities including indoor swimming pool and licensed club house. Sleeps four. Grab rails. Wheel-in shower.
Contact Ilfracombe & District Lions. Tel. 01271 883677.
Email: ray@everest21.orangehome.co.uk

Enjoy Edwardian elegance in a 3 bed guest house
Evening dinners / afternoon tea. Large ground floor room and en-suite (wheelchair accessible). Room available as either double or twin. Near Holsworthy. Tel. 01409 221410 or visit website www.freewebs.com/edwardianguesthouse

Living Options Devon exists to ensure people with physical and/or sensory disabilities, and Deaf people with sign language can make an active and equal contribution in society.

Living Options Devon

Isca House, Haven Road, Exeter EX2 8DS

Tel: 01392 459222 Fax: 01392 423427

SMS: 07958 517919

info@livingoptions.org

www.livingoptions.org



Contact our correspondents

Our correspondents are waiting to hear from you – email them or phone Devon Link on 01392 382332, or write to the usual address (page 1)

Teignbridge and Torbay Diana Frost
diana.devonlink@btinternet.com

North Devon and Exeter Jackie Oldham
jackie.devonlink@btinternet.com

South and West Devon Pat Mayston
devonlink@mayston.eclipse.co.uk

Mid and East Devon Patricia Clow
patricia.devonlink@yahoo.com

To put a classified advert in *Devon Link*, send your advert of no more than 40 words to the *Devon Link* address on page one (NOT Zara Media), with a cheque for £5.88, payable to **Devon County Council**. Please note that the cut-off date for the next issue is **Friday 10 October 2008** and the magazine will be published late November 2008.

Devon **Link** Classified advertisement form

Name:

Address:

Postcode: Telephone number:

Details of advertisement:

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www.devon.gov.uk/fostering



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www.gmcoachwork.co.uk ♦ 01626 853050

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- *Profiling Beds and Mattresses*
- *Chairs*
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- *Products suitable for residential and hospital settings*

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**Visit Exeter Disability Centre for all your Mobility needs:
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Aids to Living • Slippers and Shoes**

To call or book an appointment:

Lifestyle Solutions.

4 Oak Tree Place, Manaton Close,
Matford, Exeter EX2 8WA
01392 824011

Exeter Disability Centre.

Unit 2 Silvertown Road,
Matford, Exeter EX2 8LD
01392 824428

Web www.exeterdisability.co.uk email exeterdisabilitycentre@hotmail.com