

New help for Adult Carers

In the last issue of Disability News we told you how Westlea is working with the Young Carers Project to support young people who help look after a member of their family. We are pleased to report that Westlea are now also working in partnership with Carers Support to help adult carers. They will work closely with Westlea staff to provide help and advice to residents.



The signing of the new Westlea/Carers Support partnership

Carers Support North Wilts is a charity that provides support, advice, information and opportunities to people who have caring responsibilities for a relative, neighbour or friend, which may be 24 hours a day.

Carers Support provides:

- A dedicated carers' line.
- One-to-one practical and emotional support from experienced Carers Support workers at times and venues to suit you.
- Information and advice about Carers' rights, assessments and other

Our next Westlea Disability Forum!

Better services for Westlea residents

Tuesday 23rd June, 10.30am to 1.30pm
at Kington Langley Village Hall
Lunch and refreshments included + Bingo
Come along to join the discussion!

*Repairs? Customer care? Moving home?
 Inside your home or in your neighbourhood?
 What could improve for residents with disabilities?
 Where would you like to see money spent?*

Use the separate booking information sheet to reserve your place –
 or contact Julie Bielby at Westlea for more details: telephone 01249 466054 or email julie.bielby@westlea.co.uk

Support for learners and users with a disability

Find out more about computers and the Internet

Westlea, through the 'eWiltshire projects', provides training on basic computer skills and the internet. People generally learn on their own with a tutor but sometimes friends and small groups learn together. Learners with disabilities receive support in different ways:

- You can learn using a computer with a large screen, a large keyboard and a mouse that is easy to use if you have restricted movement in your hand.
- You can try out 'Dragon Naturally Speaking' which is voice-recognition software. This is great if you can't type. (eChippenham)
- We have Widgit Software. This uses symbols rather than text and is helpful for people who have learning difficulties.
- Technical support with your home computer.



The eWiltshire team

For more details, contact Julie Bielby: telephone on 01249 466054, or email julie.bielby@westlea.co.uk
 To book a lesson contact:
 eChippenham – Chris Mahoney - 07770 310853
 eCalne – Denise Little – 07810 657429
 eCorsham – Pam Burton – 07771 957775



support for your caring role.

- Access to funding for Carers.
- 'Time out' from the caring role – activities have included theatre trips, outings to places of interest, digital photography classes, alternative therapy and

much more.

If you'd like more information about Westlea's new partnership with Carers Support please contact Lindsay Poulson 01249 444110 or email lindsay@carersnw.co.uk



Welcome

to this edition of Disability News. A plea to all of you... The Disability Forum in June is an opportunity for you to tell Westlea about the services that you like now and the services you would like to see in the future. At the meetings, and in this newsletter, we highlight the things that Westlea are already doing (eg. providing help for carers, money advice, a helping hand service, and free training) and you have, I'm sure, thought of other things that would help. Join us if you can and don't let others decide on your behalf! I look forward to hearing your views.

Rod Case



(Disability Steering Group)

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Feedback from last Forum



Our Forum in March gave people a chance to try new skills and crafts and meet in a more social setting. It was a great success and has shown us that this is something we would like to do again in the future.

Everyone who attended said they enjoyed the day and 97% thought it would be a good idea to run a similar event. Here's what people said about the day: "A chance to do something active rather than passive", "All the different activities were hands on", "The atmosphere was warm and friendly - very, very good!"

Mill Race Centre, Calne

The Mill Race Support Service runs on a drop-in basis and provides social, practical and emotional support to adults 10-65 with learning/physical disabilities and/or mental health problems. The service helps people who are isolated and who lack confidence and social opportunities and helps to raise awareness of their potential whilst increasing their self esteem. The centre also provides opportunities for people to live an independent life to the best of their ability. The centre is based in Marden House close to the centre of Calne and is wheelchair-accessible. It has a beautiful garden and is near local shops and a bus route. Activities include literacy and numeracy, life skills, computer skills, photography, various crafts, garden projects, trips out, celebratory meals and games.

For information contact Anita on 01249 811575 each weekday except Wednesday.

A visit through history
Join us on a trip
to St Fagans!

Following on from the success of last year's trip to Longleat we are organising a day trip to St Fagan's just outside Cardiff on June 30th. St Fagans is an open air museum exploring how people have lived, worked and spent their leisure time. Plenty to see in a beautiful setting. The trip will cost £12 per person and you will need to pay for the trip in advance. We will be leaving Chippenham at 9.15, back by 5.30pm. Contact Julie Bielby 01249 466054, if you would like to book a place.

A Brief Introduction to Wiltshire and Swindon Users' Network (WSUN)

by Martin Fortune
(Community Development Manager for WSUN)



We give service users information about opportunities to join with others to have their voice heard to change the services they receive – eg. home care, day care, or occupational therapy services – to make them more suitable to our needs. We find that by meeting

together we can share experiences, lose our feelings of isolation and gain confidence to speak out. This enables us to work with professionals on more equal terms, and they can make use of our expertise as users. We reimburse users all their expenses for participation. WSUN has contact with over 900 users and groups in all parts of Wiltshire. Membership of the Network is free and entitles members to free mailings and quarterly issues of 'News and Views'.

- To find out more, contact Martin on 01380 871800 or email martinfortune.wsun@btconnect.com

St Monica Trust Community Fund

Our thanks to Eileen Fry for telling us about this fund. St Monica Trust can offer financial help to people with a physical disability or long term physical health problem over 16 who have a low income. If you are not entitled to statutory help, for example a community care grant, and you need help with buying a one-off item or need short term help through a crisis you could apply for help from the Community Fund. You can download an application form from their website www.stmonicatrust.org.uk or phone 0117 949 4003.

Disabled Friendly

Revolutions, Chippenham

"I went for a meal at Revolutions restaurant in my wheelchair to see how disabled friendly they were. My table was across the restaurant by the window. A ramp was placed over the steps for me by a smiling waitress. She

guided me across the room and was asked whether I would like to stay in my chair or transfer to the restaurants chair. I was asked if I needed any help. The meal as ever was superb and when I needed the toilet, other chairs were removed so that I could get there, but I was not made to feel a

nuisance. The facilities there are good, a little shabby chic nowadays, but room for the chair, clean and the baby changing unit is not in the way. The hand rail is firm, not wobbly like the one in Emery Gate and I think it is one of the best disabled loos in Chippenham. Thank you Revolutions for making dinner out for a disabled patron easy and very pleasant."

Sue Simmons



If you would like to have any part of this document explained or translated, or in a different format such as larger print or on audio tape, please contact Westlea on 01249 465465 to discuss your needs.

