

## Quick Check

Quick Check is an innovative Bogus Caller Helpline, developed by the P.S.N.I. and supported by Fold TeleCare and Virgin Media.



Launched mid June 2008 the Freephone (0800 013 22 90) 24hr service puts those who are vulnerable or at risk within our community in touch with Fold TeleCare advisors who can check the authenticity of doorstep callers. Upon confirmation of a potential bogus caller situation, Fold TeleCare immediately alerts the local police whilst continuing to provide reassurance and practical support to the client.

If you have any questions please contact **Barbara Taylor** on  
Tel: +44 (0)28 9039 7224

### Boiler Replacement Allowance

Are you a householder aged 60 or over, and in receipt of State Pension and in receipt of Rates Relief but not Housing Benefit? Is your existing heating boiler over 15 years old and inefficient?

If you answer 'Yes' to all of the above questions you are eligible to apply for a Boiler Replacement allowance of up to £1,500.

The Boiler Replacement Allowance is aimed at those people who are in receipt of Rates Relief and no other benefit. You may be eligible to receive the Boiler Replacement Allowance if you own your home or rent privately and receive State Pension and Rates Relief.

Types of boiler that can be installed is a new oil or gas 'A' rated for efficiency boiler. You may also convert from an oil fired boiler to a gas or wood pellet fired boiler.

However, the maximum allowance will remain £1,500 so you need to be able to pay for any extra work carried out.

**Housing Executive**

To apply contact the Housing Executive  
Tel: 03448 920 900 or  
visit: [nidirect.gov.uk/Energy/Wise](http://nidirect.gov.uk/Energy/Wise)



## Editorial Acknowledgements

### Editorial Committee

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To submit an item for consideration to the newsletter contact **Martina McElhone**,  
Disability Action, 028 877 52372 or [martinamcelhone@disabilityaction.org](mailto:martinamcelhone@disabilityaction.org)

# Newsletter

**HSC** Southern Health  
and Social Care Trust

Quality Care - for you, with you

Winter 2011/Spring 2012

I am delighted to be asked to launch the first edition of the SHSCT physical disability newsletter. I wish to commend Disability Action, service users and indeed my own staff teams for all the hard work which has been invested in preparing articles for this publication.

I am very impressed with the wide range of articles covered in the newsletter, which I believe achieve a balance between the provision of helpful information relevant to the needs of persons with Physical and Sensory disabilities, alongside lighter hearted items such as quizzes, and words of wisdom.

This is a very welcome initiative in improving the exchange of information between persons with disabilities, SHSCT staff and our partner organisations. I would encourage people with a Physical and Sensory disability to use this newsletter to raise issues they want information about or to share their own experiences which might assist others in a similar position. This newsletter must be of benefit to you so please accept our invitation to shape and take ownership off it.

I hope you enjoy reading this first edition and would encourage every reader to support the development of the newsletter through submitting articles for future editions.

**Micéal Crilly** Assistant Director Disability Services, SHSCT



Foreword by Micéal Crilly

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**This newsletter is available in alternative formats.**

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## Around the Day Centres

### Manor Day Centre, Lurgan

Manor Day Centre were the proud recipients of the Best Kept Day Centre Facility in the Southern Trust for the second consecutive year. The staff and service users (pictured right with Joe Mahon and Minister Poots at the formal presentation) are particularly proud of their garden areas which are fully maintained by the green fingered Service Users.



### Millview Resource Centre, Bessbrook

The Staff at Millview raised £750 for their Service User Empowerment Group by completing the Banbridge 10km run/walk in May 2011. Monies raised have helped to provide a range of therapeutic activities within Millview including yoga, reflexology, Spanish, history and French classes as well as purchasing plants and flowers for a horticulture class.

Millview staff team have also been nominated for the Excellence Awards; results will be announced on Wednesday 14<sup>th</sup> December 2011.

### Copperfields Day Centre, Banbridge

Copperfields also help to maintain high standards as they have received the Lurgan Horticultural Show Award 2011. Service Users gained high points in all categories including crafts, painting and quilt making, enabling them to win the overall award for the fourth year running.

## Fit 4 U

The Fit 4 U Project seeks to empower people with physical/sensory disabilities to improve their health through participation in a range of physical activity and leisure opportunities, which promote independence and citizenship.

Fit 4 U co-ordinates a range of physical activities and sports within local leisure centres in Dungannon, Armagh, Craigavon, Banbridge and Newry & Mourne. Examples of activities include archery, boccia, new age kurling, fitness, tennis, boxercise, walking and golf.

For more information contact Rhonda Richardson, Fit 4 U Project Officer on  
**Tel:** 028 3741 2129 or **email:** [rhonda.richardson@southerntrust.hscni.net](mailto:rhonda.richardson@southerntrust.hscni.net)

To get in touch with the Community Access Service in your area contact:

**Gerry Fearon**, Community Access Officer

Manse View, Rathfriland Road, Newry, BT34 IHU.

**Tel:** 028 30256790

**Email:** [gerry.fearon@southerntrust.hscni.net](mailto:gerry.fearon@southerntrust.hscni.net)

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## Craigavon's Sport and Leisure Users Group

Craigavon's Sport and Leisure Users Group (SLUG) is a newly constituted group in the area, and is made up of disabled individuals, members of local disability organisations (e.g. the local MS group), as well as advisors from Craigavon Borough Council and the Southern Health and Social Care Trust.

It's objective is to get people who have a disability interested and involved in sport and leisure. One example is our annual 'Get Active Day' at Craigavon Leisure Centre where approximately 100 disabled people from local Day Centres, Special Schools, and Community and Voluntary Groups participate in a range of activities.

Other programmes that we have developed include a: Disability Outreach Programme; Fit 4 Life Personal Training Programme and Boccia Championships.

SLUG is a growing and dynamic organisation and we work closely with the Health and Social Care Trust's 'Fit 4 U' project! We hope that you can get involved in SLUG and would welcome your ideas and enthusiasm!

**Please contact us C/O:** [Manor Day Centre](#), Manor Drive Lurgan, BT66 8QD

**Andrew Martin, Service User**



## Fuel Poverty & Disability

Research by the Leonard Cheshire Disability in 2009 - Fuel Poverty and Disability<sup>1</sup>, showed that disabled people spend more of their income on fuel and heating their home than households where there is not a disability.

A recent CAB survey<sup>2</sup> found that among older people 30% had to make a choice between heating and eating and other essential items such as food, a figure which increased to 59% of disabled people. The survey confirms the anecdotal evidence from Disability Action's Information Service.

The reasons disabled people are more likely to experience fuel poverty are:

- Disabled people are twice as likely to be unemployed as non-disabled people and are therefore more likely to be at home all day.
- Many health conditions are aggravated by the cold.
- Disabled people may not have the option of moving to a more energy efficient home as it will need to be adapted for their needs.
- Disabled people have on average a 25% higher cost of living due to additional needs such as mobility, aids and care.
- Levels of disability are higher in Northern Ireland than the rest of the UK.

### Help Available

#### Winter Fuel Payments

A Winter Fuel Payment is an annual tax-free payment made to eligible people over 60 to help towards their winter heating costs. It is a lump sum and in most cases is paid automatically, but some people will need to claim. It is a regulated payment and not subject to a budget. As long as you fulfil the conditions you will be paid.



**For more information contact: 08459151515**

<sup>1</sup>Fuel poverty and disability—January 2009, Leonard Cheshire Disability

<sup>2</sup><http://www.citizensadvice.co.uk/en/News/Press-Releases/A-Cold-House-for-Everyone/>

## Hot Topic

### Change to Physical Disability Teams

Summer saw changes to the former Physical Disability Teams throughout the Southern Trust. All teams have relocated and now contain a mix of professionals including Physiotherapists, Community Access Officers, Occupational Therapists and Care Managers as well as Social Workers. It is envisaged that this model will provide a more streamlined service.

### Contact Adult Integrated Physical Disability Teams:

#### Newry & Mourne Area:

Manse View, Rathfriland Road, Newry, BT34 1HU **Tel:** 028 30256790

#### Craigavon & Banbridge Area:

Cherrytrees Resource Centre  
1A Edenderry Gardens, Portadown, Craigavon, BT63 5EA  
**Tel:** 028 38394088

#### Armagh and Dungannon Area:

Jackson Hall, St. Luke's Hospital, Loughgall Road, Armagh, BT61 7NQ

## Useful Numbers

**Craigavon Area Hospital, Craigavon**  
028 38334444 (A&E open 24/7 )

**Daisy Hill Hospital, Newry**  
028 30835000 (A&E open 24/7 )

**South Tyrone Hospital, Dungannon**  
028 87722821 (Minor Injuries open 9am-9pm Mon–Sun )

**Northern Ireland Electricity**  
08457 643 643 / 08457 147 128  
(Lines open 24/7, Minicom: for those who are hearing impaired)

**Northern Ireland Water**  
08457 440088 (Open 24/7)  
**Text Phone:** 08457 023206

**Northern Ireland Housing Executive**  
03448 920 901 / 03448 920 900

**Lifeline – Suicide Prevention**  
0808 808 8000 (Open 24/7)

**Southern Area Out of Hours GP**  
0870 600 6009 (Open 6pm to 8am)

**Southern Area Out of Hours Social Worker**  
028 37 522381 (Open 6pm to 8am)

## Competition: “Name our Newsletter”

The Newsletter Committee would like to invite readers to enter the Name the Newsletter competition. **All suggestions are welcome and the winner will receive a £20 gift voucher for Sainsburys. (Closing date: January 31, 2012)**

Send your idea, along with your name, address and a contact number to: Martina Mc Elhone, Disability Action, 11 Georges Street, Dungannon, BT70 1BP or email: [martinamcelhone@disabilityaction.org](mailto:martinamcelhone@disabilityaction.org)

## Celebrating the Physical Disability Community Access Service

A celebration of the Physical Disability Community Access Service has been organised by the Southern Trust to mark the International Day of Persons with Disabilities, which takes place on 3 December every year.

Micéal Crilly, Assistant Director of Disability Services at the Trust, said, "Persons with disabilities make up an estimated 15 per cent of the Southern Trust population and bringing their activities into the mainstream is one of our priorities. Experience shows that when persons with disabilities are empowered to participate, their involvement creates opportunities for the individual and the entire community benefits.

"In the Southern Trust our Community Access Officers, identify the interests a person with a disability has and how these can be fulfilled through participation in a range of community activities. I commend everyone involved in supporting the work of the Community Access Service in the Southern Trust area and extend my thanks for the dedication, patience and enthusiasm you have shown and continue to show."



Staff and service users at Manor Day Centre for Celebration Day

Aileen Finch, a service user said, "I have attended Station Road Resource Centre for over 20 years now and for the past 12 years I have been a volunteer with Rural Transport in Armagh. I have always been happy with my routine and reluctant to make any changes. So when Valerie, my Community Access Officer, spoke to me about other options open to me in my own community, I was nervous and apprehensive about making changes in my life. However, Valerie discussed with me what I liked to do and based on this we explored options that she felt I would enjoy doing.

"18 months on, I work one day a week in a local insurance company as well as my one day in rural transport. I now also attend Southern Regional College, improving on my numeracy and literacy skills, which I know will give new options for the future.

"So my life is different now, but in a good way; I feel excited about going to work and what the future holds."

Riddle answer: Yesterday, Today and Tomorrow.

## Binnian Lodge Christmas Draw

Staff and Service Users from Binnian Lodge have organised a Christmas Draw to help raise much needed funds for service user activities. The centre was fortunate to generate lots of support from the local businesses who made donations for the raffle. Prizes included everything from a large hamper to bird tables and a meal for two at a local hotel!

Music is in the air!! The 19th December marks an important date for Service Users at Binnian Lodge as it will be the last day of the Drake Music Project which they have been involved in. The project is specifically for children and adults with a physical disability which teaches individuals how to use instruments and create music. On completion of the course participants will produce a CD of their music. Brian who is one of the Service Users commented "Music is a language all of its own, and people can express themselves through music." (For more information contact Michelle at The Drake Music Project, WIN Business Park, Newry)

## Preventing and Treating Frost Damage



When pruning back frost damaged plants always try to avoid removing any living plant parts. Non woody plants should not be pruned until at least three to four days after the frost has gone and when all effects from the frost can be seen clearly.

Prune woody plants when growth has resumed again in spring. Prune back at 5-10 cm increments until you reach the first level of living wood. Check this by gently scraping a small area of bark to reveal the green layer visible just beneath the bark.

By Jackie, Newry (Service User)

### Riddle

Can you name 3 consecutive days of the week without using the words Monday, Tuesday, Wednesday, Thursday, Friday, Saturday or Sunday? (Answer on Page 6)

## Free Home Fire Safety Checks

Thinking about fire safety may not be something you've taken seriously before, but now you should - tragedies occur that could have been prevented.

Be aware of the main cause of fire:

1. Chip or grill pans left unattended
2. Cigarettes and matches
3. Misuse of electricity
4. Candles



Book your Free Home Fire Safety Check Today Tel: 028 9260 0477 or [www.nifrs.org](http://www.nifrs.org)