

Disability Peterborough
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Registered Charity No. 1089250
Company Limited by guarantee: 4255588

April - May 2023

News, views and
information from
Disability Peterborough

Newsletter

Welcome to the April edition of the Disability Peterborough newsletter.

The latest government budget has highlighted some big proposed changes for disabled people in its welfare benefit reforms. The government has announced it could be scrapping the Work Capability Assessment. This is the assessment which disabled people have to establish if they are well enough to work when they apply for Employment Support Allowance or Universal Credit. Instead, there'll just be one assessment for everything – the PIP assessment. This causes some concern as the PIP assessment isn't intended to assess someone's capability to work. It's meant to capture the extra costs disabled people face in life.

The chancellor also announced potentially a new Universal Support voluntary employment scheme for disabled people. This will match individuals with existing job vacancies and provide funding for necessary training and workplace support. It aims to help up to 50,000 people a year with up to £4,000 spent per person.

In another proposed change, the government has said they will be making changes to Universal Credit which allow people to try out working without losing their benefits. This is because it's getting rid of the limited capability for work and work-related activity (LCWRA) element in Universal Credit and replacing it with a new Universal Credit health element. Currently if you get the LCWRA element, you wouldn't be expected to look for work and



wouldn't be allowed to start working without losing those payments.

In theory, giving people the flexibility to try out working is a good thing. The white paper suggests that receiving the new "health element" wouldn't automatically exclude people from being required to look for or prepare for work. Concerns have been raised that this could lead to disabled people facing unworkable conditions and sanctions, which we know can make people more unwell and push them further away from work.

The government has confirmed it's going to extend the energy price guarantee until the end of June. This means the average typical energy bill will stay at £2,500 instead of going up to £3,000 from April, as previously expected. A campaign was launched asking the government to introduce a new social energy tariff, a 50% discount on the unit cost of energy for disabled people. This approach is already used by broadband and water companies and helps to protect people struggling with bills. The budget failed to adopt this approach that has disappointed the thousands of people who signed a petition calling for more protection for disabled people in the present financial crisis.

The benefits system is complex and here at Disability Peterborough we have specialist disability benefit workers who can offer both advice and one to one support for physically disabled people in the Peterborough region. If you have any concerns or worries, please do not hesitate to get in touch on 01733 265551.

Sandie Burns MBE
CEO Disability Peterborough



Well done and Congratulations to Sandie for receiving her MBE



Happy Easter

(9th April) to our clients celebrating the resurrection of Christ and Eid Mubarak.

(22/23rd April) to those celebrating end of Ramadan.

World Parkinson's Day – 11th April

Raising awareness of Parkinson's.
parkinsons.org.uk



No ID? You can apply for free voter ID at electoralcommission.org.uk/voterID

You now need photo ID to vote at a polling station

Are you aware of the new regulations? From 4th May 2023, voters in England will need to show photo ID to vote at all polling stations. This will apply to all Government Organised Elections, National & Local.

Accepted forms of Photo ID are:-

- Passport issued by the UK (or any Channel Islands, the Isle of man, a British Overseas Territory, an EEA state, or a Commonwealth country)
- Driving Licence issue by the uk, including provisional licences (or any of the Channels Islands, the Isle of man, or an EEA state)
- Older Person's Bus Pass
- Disabled Person Bus Pass

These forms of ID do not have to be current but must still show a likeness to you.

If you do not hold one of these forms of ID, you have 2 options

You can apply for a 'Voter Authority Certificate' (For the May elections it needs to be in by 25th April 2023).

When applying for a Voter Authority Certificate, you will need to provide your: name, address, date of birth and National Insurance number. You will also need a digital photograph. Peterborough City Council can take one for you if you can get to the Town Hall telephone **01733 265551**

If you do use the internet, you can apply online at www.electoralcommission.org.uk

If you have no forms of photo ID and cannot get access to a digital photograph for the Voter Authority Certificate then you can request to vote by post, through your Local Authority by phoning **01733 452249** (lines are open Monday to Friday 9am to 5pm) and providing them with your name and address.

They will send you out an application card, where you will need to add your date of birth and then sign it. To get the postal vote in time for the May election you need to be registered by 18th April 2023.

If you have any queries or problems with this new process, then please call our Disability Peterborough office on 01733 265551 and we will be very pleased to help.

Your Voice Counts...

Poverty Truth Commission – Would you be interested?

We would love to work together with you to improve the lives of Peterborough residents with a physical disability. This includes ailments like arthritis, which you may not see as a disability, but is part of old age. We are inviting you in for a friendly chat for a drink and some nibbles.

We hope to talk about current disability matters that you may have, share information between each other and try and fill in the gaps where we can.

The first meeting is planned to take place on Friday 24th March 2023 between 1.30-3.30pm. Please call or email us to let us know if you can come.

Meeting Dates:

24th March 2023

19th May 2023

28th July 2023

29th September 2023

24th November 2023

Time: 1.30pm to 3.30pm

Venue: Disability Peterborough,
John Mansfield Centre
Western Avenue,
Peterborough PE1 4HX

Please confirm your attendance by calling 01733 265551 or email info@disabilitypeterborough.org

We are all experiencing a Cost of Living crisis at the moment but for some it can be extremely challenging to make ends meet. You might feel powerless to change your circumstances and that your voice is not heard above the people who are making decisions that directly affect your ability to live a reasonable quality of life.

If you want your voice to be heard, then the Poverty Truth Commission (PTC) would like to talk to you.

Peterborough Council for Voluntary Services (PCVS) has just launched the development of a Peterborough Poverty Truth Commission which has been funded by the lottery. PTC's have been around for some time and there are over 18 active ones across the UK.

But what are they and how can they help you?

The PTC model brings together those with lived experience of poverty and local decision makers, forging relationships and facilitating discussions and solutions to local problems associated with poverty. The first step is to build a Community Commissioning group made up of local people like you who are willing to share their stories and, only if they want to, become an active member of the group. The Community Commissioning will meet regularly, in an informal way to express their views in a shared and confidential space. The aim will be to agree the issues and themes that they would most like to be addressed.

And don't worry if you are a quiet person... you can still participate through listening and contributing when you are ready. Everyone is welcome.

Alongside this, a Civic Commissioning Group will be being developed made up of those people who are in positions of power and can affect change. When your group is ready, we will bring you together so that your experiences will be shared with them and a discussion can take place to start the process of finding solutions. This will form the Peterborough Poverty Truth Commission.

We hope that this is something you might like to be involved with but please do feel free to contact us: james.farson@pcvs.co.uk or cheryl.mcguire@pcvs.co.uk



T: 01733 265551 • www.disabilitypeterborough.org • info@disabilitypeterborough.org

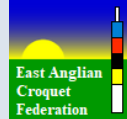
Facebook @DisabilityPeterborough • Twitter @Disability_DP

John Mansfield Campus, Western Avenue, Dogsthorpe, Peterborough PE1 4HX

Peterborough Croquet Club

Peterborough Croquet Club is based in **Central Park, Peterborough** and welcomes new members. We provide all the equipment you need to play except flat shoes, and all interested potential members are entitled to four free taster training sessions.

The Club is affiliated with the **Croquet Association** and the **East Anglian Croquet Federation**



Have a look online for more information peterboroughcroquetclub.weebly.com

The Peterborough Croquet Club open afternoon is on Wednesday 24th May 2023 from 2:00 until 4:00. Come and give it a go!



Help us, Help others.

giftaid it
making donations go further

Disability Peterborough is a local centre for free confidential and impartial information and advice, for physically disabled people, their carers and families. We provide a range of services that assist people with physical disabilities to achieve their potential and have maximum choice and control over their lives. The information and help we provide can enable anyone, living in Peterborough, with a physical disability to have choice and influence in their lives.

You can donate in a way you find easy for you –

- If you'd like to **donate by post**, simply send a cheque made payable to DIAL

Peterborough and post to DIAL, John Mansfield Campus, Western Avenue, Dogsthorpe, Peterborough, PE1 4HX

- **Donate by BACS** direct from your account to –

Account name: DIAL Peterborough
Bank name: CAF Bank
Sort code number: 40-52-40
Account No. 00009510

Please add in your name as the reference so we can send you a thank you letter and if you are a UK taxpayer, don't forget to opt for gift aid to allow us to reclaim tax on a donation made by yourself, effectively increasing the amount of the donation.

Your privacy is important to us! We want you to know that by subscribing to the newsletter that we will not give your contact information to anyone.

You can unsubscribe at any time by clicking [here](#)

Helplines for people with suicidal thoughts

What are suicidal feelings? Suicide is the act of intentionally taking your own life.

Suicidal feelings can mean having abstract thoughts about ending your life or feeling that people would be better off without you. Or it can mean thinking about methods of suicide or making plans to take your own life. If you are feeling suicidal, you may be scared, confused and overwhelmed by these feelings, but you are not alone. Many people think about suicide at some point in their lifetime.

How you might think or feel

- hopeless, like there is no point in living
- tearful and overwhelmed by negative thoughts
- unbearable pain that you can't imagine ending

- useless, not wanted or not needed by others
- desperate, as if you have no other choice
- like everyone would be better off without you
- cut off from your body or physically numb
- fascinated by death.

How long will I feel suicidal?

How long suicidal feelings last is different for everyone. It is common to feel as if you'll never be happy or hopeful again, but with treatment and support, including self-care, the majority of people go on to live fulfilling lives.

The earlier you let someone know how you're feeling, the quicker you'll be able to get support to overcome these feelings. But it can feel difficult to open up to people.

You may want others to understand what you're going through, but you might feel:

- unable to tell someone
- unsure of who to tell
- concerned that they won't understand
- fearful of being judged
- worried you'll upset them.

If you feel like this, you might find it helpful to show our pages on supporting someone else with suicidal feelings to someone you trust. This can be a good way of starting the conversation and can give them suggestions of how they can help you.

It's important to remember that you deserve support, you are not alone and there is support out there.

HELPLINE NUMBERS

NHS First Response Service (FRS), across Cambridgeshire and Peterborough, provides 24-hour access, seven days a week, 365 days a year, to mental health care, advice, support and treatment.

By calling 111, and selecting option 2, you will be put through to a member of the FRS who will speak to you and discuss your current mental health needs.

Papyrus: Advice for young people at risk of suicide. **0800 068 4141** (helpline 10am - 10pm, Monday - Friday and 2pm - 5pm, weekends and bank holidays) **07786 209697** (SMS) www.papyrus-uk.org

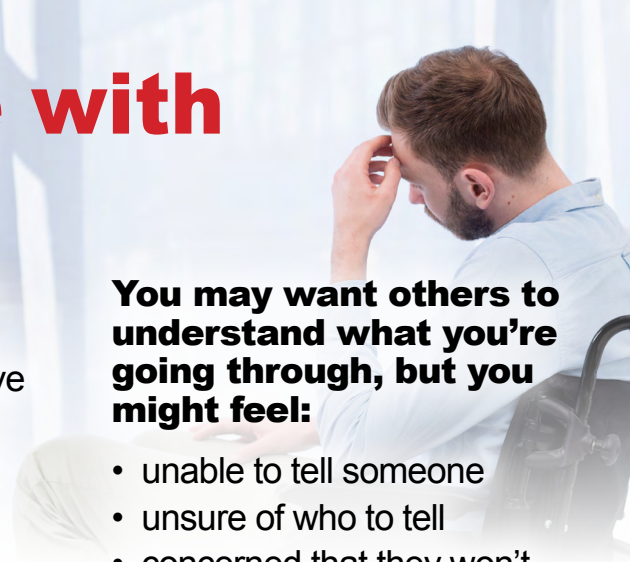
Samaritans: 116 123 (Freephone, 24 hour helpline) www.samaritans.org

Lifeline: Cambridgeshire and Peterborough Helpline. **0808 808 2121** (Freephone) 11am to 11pm, 365 days a year.

Survivors of Bereavement by Suicide
For those personally affected by suicide
0300 111 5065 (9am to 9pm)
www.uk-sobs.org.uk

CALM: (Campaign Against Living Miserably)
A charity dedicated to preventing male suicides
0800 58 58 58 (5pm - midnight every day)
www.thecalmzone.net

Shout: Crisis text line **85258** (SMS)
www.giveushout.org





Last year in our newsletter we heard from several clients with mobility aids who were frustrated as they were struggling to booking taxi's. Well, this is exactly what the owners of a new company called 'Passenger Assist' found too, so they decided to set up a specialist mobility transport service to overcome this problem and many more. Read our interview with Mr Bashir the company director to find out more about Passenger Assist and how to book a specialist mobility taxi.

Why did you set up Passenger Assist?

Passenger Assist is a specialist mobility transport service that started due to the lack of transport available for the elderly and disabled passengers in the city. After conducting our own research and speaking to members of the public we came across the following issues.

1. Customers found it pretty much impossible to book a wheelchair accessible taxi during school hours.
2. Inadequate trained drivers
3. Inadequate vehicle conditions
4. Lack of tail lift Taxis
5. Drivers refusing to let guide or assistance dogs to accompany passengers
6. Providing no assistance with luggage and mobility equipment.

Mentioned above are just a handful of issues passengers were facing on daily basis.

What services do you offer to the public?

We provide a door-to-door service personally assisted

by uniformed and trained professional drivers. Our fleet comes equipped with specialist WAVs (Wheelchair Accessible Vehicles) as standard, meaning all our vehicles are wheelchair-accessible, and equipped with tail lifts, side steps and grab handles. rest assured that we will do all in our power to make your journey pleasant and trouble-free. We can assist whether it's a short or long-distance journey. We aim to transport passengers with patience, empathy and care.

What training do your staff have?

Our drivers are trained professionals in disability awareness, disability equipment and Emergency First Aid at work qualified.

How can I book transport through Passenger Assist?

Customers can book a mobility taxi by phoning our customer service team on **01733 208208**, by emailing us info@passengerassistcambs.co.uk

or by completing the booking form on our [website](#) (Advance Bookings Only)

Can I book an accessible vehicle for the same day?

We encourage all our customers to give as much notice as they can when making a booking. However, where this is not possible we will still try our very best to accommodate all customers providing the company have been given a minimum notice of 1 hour. Please be aware when booking a taxi all wheelchair passengers must allow extra time for their journey this is because drivers must locate an appropriate parking space to deploy tail/floor lift, assist passengers door to door, safely load passengers along with any mobility aids and luggage and ensure all wheelchair straps are secure.

Can I bring my guide dog?

Guide and Assistance Dogs are welcome and free of any charge.