



Useful Numbers

Craigavon Area Hospital, Craigavon
028 38334444 **Minicom:** 028 3741 2446
(A&E open 24/7)

Daisy Hill Hospital, Newry
028 30835000 **Text phone** 028 308 35081
(A&E open 24/7)

South Tyrone Hospital, Dungannon
028 87722821 **Minicom:** 028 3741 2446
(Minor Injuries open 9am-9pm Mon–Sun)

Northern Ireland Electricity
08457 643 643 **Minicom:** 08457 147 128
Lines open 24 hours

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

Northern Ireland Housing Executive
Homeless/emergency repairs after 5pm
03448 920 901 **Textphone:**18001 03448
920 901 General Enquiries 8.30am – 5pm
03448 920 900 Textphone 18001 03448
920 900

Lifeline – Suicide Prevention
0808 808 8000 **Textphone:**18001 0808
0808 8000 (Open 24/7)

Southern Area Out of Hours GP
028 3839 9201 **Text Phone** 18001 028
3839 9201 (6pm—8am, Mon – Sun)

Southern Area Out of Hours Social Worker Craigavon 02838334444 **Daisy Hill** 028 30835000 (6pm - 8am, Mon–Sun)



Enliven a Dark Corner

Despite common thinking that plants need a lot of light to grow, many plants thrive in the shade. Make sure soil is well prepared, fertilised and aerated before planting. This

will transform the view. Suitable plants for shady areas are Wax Begonia, Tobacco Plant, Lobelia, Busy Lizzie and Viola. This will make shady walls more colourful!

Jackie, Service User, Newry

Other Useful Numbers

Adult Integrated Physical Disability Teams	See relevant area	Textphone /Email
Newry & Mourne Area	028 3025 6790	
Craigavon & Banbridge Area	028 3839 4088	
Armagh & Dungannon Area	028 3741 2333	
Warm Homes Scheme	0800 988 0559	Brysonenergy@warmhomes.org
Fit 4 U Project	028 3741 2129	rhonda.Richardson@southerntrust.hscni.net
Disability Action Dungannon	028 8775 2372	Dungannon@disabilityaction.org

News Around



Southern Health and Social Care Trust

Quality Care - for you, with you

Summer 2012

The editorial committee have named our newsletter 'News Around' following a competition in our first edition to select a name.

Congratulations to Millview Day Centre users who successfully picked the name as they have won a £20 Sainsbury voucher sponsored by Disability Action.

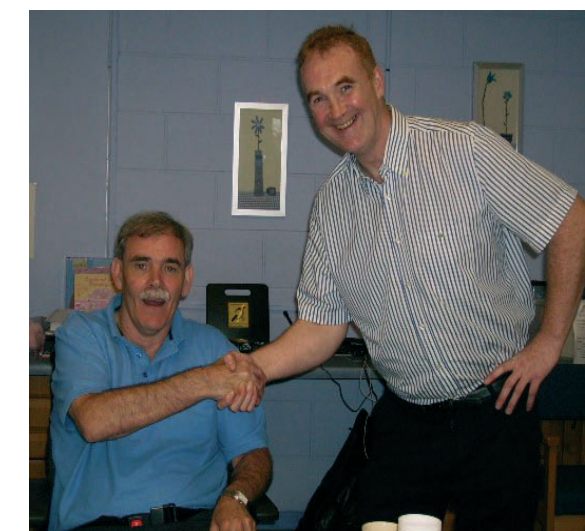
Pictured is Martin Mallon from Millview Day Centre being congratulated by Damian McSorley Specialist Outreach Support Worker at Disability Action.

In this edition, we have a wide range of articles which we hope will provide helpful information for persons with physical and sensory disabilities as well as other service users and carers. We would also hope that that staff teams within the Southern Health and Social Care Trust will also enjoy this newsletter and derive useful information from it.

We wish to convey the extent of Service User involvement that is taking place in a range of settings within the Southern Trust area. We hope you enjoy reading articles on service users successes in sport as well as the creative poems and words of wisdom they have contributed. Coupled with this, we also aim to have the right balance with information on hot topics such as direct payments, PIPS and PPI.

The editorial committee would like to acknowledge the contribution made by Trust as well as Disability Action staff. Service users have also been centrally involved in preparing articles for our second publication.

We hope you enjoy reading News Around!



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In the next issue: Transforming your care

This newsletter is available in alternative formats. Contact:
Damian Mc Sorley Phone: 028 877 52372 **or email:**
DamianMcSorley@disabilityaction.org

Editorial Committee: Angela Hawkins (SHSCT), Valerie Berry (SHSCT), Gerry Murray (Service User) Gerry Fearon (SHSCT), Andrew Martin (Service User), Wendy Lappin (SHSCT), Damian Mc Sorley (Disability Action)

To submit an item for consideration to the newsletter contact **Damian Mc Sorley** Disability Action, 028 877 52372 or DamianMcSorley@disabilityaction.org

Around the Day Centres

Copperfields Day Centre

Copperfields Day Centre has relocated to Loughbrickland Primary School. The new address is Copperfields, 25 Grove Hill Road, Loughbrickland, Banbridge BT32 3NF. For further details contact Eilis Hill at: 028 3023 5412 Email:

Eilis.Hill@southerntrust.hscni.net

Copperfields Day Centre has moved to enable building work to commence on the New Community Treatment and Care Centre and Day Care Project on the Banbridge Hospital site. The £15 million development will provide for a range of primary and community care services in addition to day care services for both physical disability and learning disability clients.

The new premises at Loughbrickland will ensure that disruption to day care services is kept to an absolute minimum during the building period. Transport arrangements to and from day care will continue as normal.

Disability Users Forum

Pictured are members of the Disability Users Forum with Disability Action Outreach Worker, Damian Mc Sorley and Cedar Foundation speakers, Helena Mc Connell and Kieran Mc Keown. The Cedar Foundation discussed the physical and emotional effects of brain injury and the topic of hidden disabilities.



The Disability Users Forum comprises of service users from the Southern Trust area with a physical disability, persons with a visual and hearing disability and those with a brain injury. The group meet to proactively work on disability issues that affect them. They for example, lobby for more information on welfare benefit changes, bring to the forefront accessibility issues and discuss improving communication issues that arise for disabled people. Recently, they gave feedback on a portable loop system which had been introduced by the Southern Trust to the various day centres they attend.

We aim through News Around to encourage participation and partnership between service users and the Southern Trust. The editorial team would like to invite service users in day care or those living in the community to feel free submit articles or comments for future newsletters.

Personal and Public Involvement in the Southern Trust

PPI is about giving local people a say in how services are planned, delivered and evaluated. Service User Involvement can also be referred to as PPI. It aims to involve people who use health and social care services, their carers, relatives, friends, neighbours, voluntary workers, members of community groups and employees of voluntary organisations.

PPI can involve:-negotiation of a plan of care; giving feedback on the service you have received and being consulted about how to develop a service or major plan. You can also state your views on the development of Trust strategies, policies and procedures as well as influence corporate and organisational priorities and the overall direction of the Trust.

For further information contact:

Carolyn Agnew 028 3741 2519 Carolyn.Agnew@southerntrust.hscni.net

Head of User Involvement & Community Development

Sinead Hughes 028 3741 2523 Sinead.Hughes@southerntrust.hscni.net

User Involvement Officer

Direct Payments

Direct Payments are a way of achieving and maintaining independence for people with a disability and other groups who wish to live in the community. Following an assessment of your needs by the Integrated Adult Physical Disability Team, a cash payment may be made to meet your care needs. In the past, this care would have been organized and delivered by Social Service Staff commissioning an agency to provide services in your home. By using Direct Payments, the Southern Trust pays the assessed amount of money into your individual bank account and this enables you to organize who carries out your care and at what times. This means that you become an employer thus allowing you to have control over who comes into your home.

Help to support you manage your Direct Payments is available from the Centre for Independent Living who have a worker in each Trust area in Northern Ireland.

For further information and details for the Southern Trust contact:

Anne Mallon, Centre for Independent Living, Unit 10 Ulster Gazette Arcade, 56 Scotch St Armagh BT61 7DQ.

Office: 02837522282, Mob 07595024147, Email southern@cilni.org

Clanrye Retail Social Enterprise is a new innovative project developed by Clanrye Group, which provides employment focused training, accredited qualifications and work experience for individuals with a physical disability or health condition focused on the retail sector.

Training is carried out using a social enterprise model. A social enterprise is set up like any business but structured to help a wide range of good causes, be them social or environmental rather than generate profits for shareholders or members. Clanrye Social Enterprise incorporates a gift shop; 'Heart & Home', a telesales / ecommerce site and a production division which creates various small craft items that are produced by participants to sell in the shop and online.

At Clanrye Retail Social Enterprise, the focus is on ensuring that each participant is given the opportunity to train and foster a sense of belonging and social inclusion. Social contacts are formed that are central elements for an individual to progress in their readiness to find and secure paid employment.

Recently, a participant commented to a retail tutor, "Clanrye Retail is a great boost to self-confidence. Training while gaining experience in retail and qualifications is fun, we are all good friends and make a great team."

Visit the gift shop Heart & Home and if you purchase a gift, you will help train a person with a physical disability – give your heart a home!

If you or someone you know would be interested in enrolling onto this programme just contact Judith.poucher@clanryegroup.com or call her on 028 3089 8119 07703 719025.

Are you a Carer?

- Do you look after a relative or friend who is sick, has a disability or is an older person
- Provide care for someone on a regular basis
- Look after a child with special needs

Let Carers Matter help

- Carers Matter provide support, advise and connect you to additional practical, financial and specialist help

Helpline: 028 4062 7581

www.carersmatter.com



The Trust recognizes the contribution made by carers. Within Disability Services, carers are of great importance. There are currently carers' forums in place that meet regularly in each of the localities. Should you wish to contribute, contact the Integrated team in your area.

Millview Day Centre



Millview Service Users participated in a weekly 'Dance and Movement class' for 9 months with Gilda Turner from the Southern Regional College. The class gave participants light exercise, confidence building, social inclusion and an appreciation of music and drama. The programme ended with a variety show performance by Millview Service Users which the audience found inspirational and uplifting. Millview hope to provide another year of 'Dance and Movement' from September 2012.



Station Road Resource Centre, Armagh

Winners of the Claud Stevens Cup in Dublin, Irish Wheelchair Bowls Association were **Gabriel Mallon**, volunteer at Station Road Resource Centre (front row, second from left) and **Martin McKenna**, Day Care Worker II also from Station Road Resource Centre, Armagh (back row, first on left).

Focus on Andrew Martin



I am a full-time wheelchair user and Service User of the Manor Day Centre in Lurgan for over 12 years.

As well as being in the Service User Forum, I am a member of the Southern Trust's Personal Public Involvement (PPI) Panel; Regional PPI Involvement Forum; Fit 4 U (Local, Operational and Strategic Groups); and Sport and Leisure Users Group (SLUG).

I have attended three events at the Olympics in July 2012 and I felt that it was a great opportunity to see these events when they were fairly close to home! I am attending the Spain vs. Morocco soccer game at 'Old Trafford' in Manchester in August 2012. Coincidentally, my elder sister currently lives in Morocco!

I am going back again to London for 4 days in September 2012 to see three Paralympics events. I will be going to see the wheelchair rugby, 7 a-side football and athletics. I will also be attending the Closing Ceremony of the Paralympics.

Gerry's Corner

'Restraint of tongue yields handsome dividends'

'Engage brain before operating voice box'

Personal Independence Payment

How will DLA change from 2013?

Personal Independence Payment will replace Disability Living Allowance (DLA) from 2013 for eligible people of working age (16 to 64 years old).

Existing working age DLA customers will also be reassessed for the new benefit during the period October 2013 to March 2016.

Anyone of working age (16 to 64 years old) who receives DLA and who needs to be reassessed against the new entitlement criteria will be told in advance. They will be contacted individually with plenty of notice and given a full explanation about what will happen next and what they will need to do.

The change in name from DLA to Personal Independence Payment is to better reflect the intention of the new benefit - to treat each customer as an individual, to enable them to lead a full, active and independent life.

Non-means-tested

Like DLA, Personal Independence Payment is a non-means-tested benefit and will be available to people with disabilities whether they are in or out of work.

The new benefit will help towards some of the extra costs arising from having a long term condition - this means ill-health or disability (expected to last 12 months or longer). Those found eligible for Personal Independence Payment can choose to spend it in a way that suits them best.

Customers aged 65 and over on DLA will not be moved to Personal Independence Payment. Those getting Personal Independence Payment when they reach State Pension Age will be able to continue receiving their benefit.

The new benefit will not be extended to new or existing claims for children, and current arrangements for claiming DLA will apply to this age group. See the following websites:-

<http://www.nidirect.gov.uk/index/information> or <http://www.citizensadvice.org.uk>

Disability Action are organizing a PIPS Information Event in Dungannon Leisure Centre in September 2012. Finalized details will be out shortly.

The Land of Milk and Honey

By Martin Teelan
Millview Day Centre

At the end of the rainbow
I know a land of milk and honey
I hope to lead you there
And it won't cost you any money

In the wonderful land
It is always a sunny day
Where all the people
Will hope and pray

No-one is ever unhappy
And the colour will be like a beam
It will shine right through them
Like a beautiful dream

When you live in this beautiful place
All your worries will melt away
They are like candyfloss
On a hot sunny day

When you are there
You just want to stay
I am dreaming about the land I call heaven
And I hope to be there some wonderful day

Words of Wisdom

Sir James Dewar

'Minds are like parachutes.

They only function when they are open.'



Fit 4 U: Southern Area Boccia Tournament (Bowls)

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.

Twenty one teams from across the Southern area recently participated in a Boccia Tournament at Banbridge Leisure Centre. Boccia is a chair based version of bowls and the tournament involved people with disabilities from across Armagh, Dungannon, Craigavon, Banbridge, Newry and Mourne localities.

The winning team was the 'Young Ones', Banbridge, second place went to Newry Hotshots, third place to Good Manors, Lurgan and Team Spirit went to Cedar Foundation team.

The event was organised in partnership between the Southern Trust Fit 4 U Project, Craigavon Borough Council, Banbridge District Council, and Craigavon Sports & Leisure User Group (SLUG) and builds on the successful work of these organisations in developing and promoting physical activity opportunities for people with a disability across the Southern Area.

For more information about Boccia in your local area contact Rhonda Richardson, Fit 4 U Project, 028 3741 2129
Email: rhonda.richardson@southerntrust.hscni.net

