Deputy Chairperson Report.

A lot has been happening since our last newsletter, the major matter being that our funding from Fife Council is now under threat. As a result of our three year evaluation by an official of Fife Council, a recommendation was put to the Housing and Communities Committee that our funding cease at the end of March this year. Councillors instead chose to establish a cross party working group to review the local authority’s approach to engaging with equalities groups and to provide six months extended funding to FIDN.

During this period we have to prove to the working group that funding us is worthwhile and that the disabled community benefit from our work. To help us do this we need your help. In the background for the past fifteen years we have worked hard in supporting you by working with Fife Council, NHS Fife and Fife Constabulary, making sure that disability in all its shapes and forms is not a forgotten issue, and we have had many successes in changing attitudes and policies, dispelling the concept that disability means only the inability to walk. As we all know disability takes many different shapes and forms. We also run a much used telephone help line where people can call for information, help and advice on a huge range of topics.

One of our problems is that we are not very well known by the public at large, even by disabled people themselves, and this we have to correct by promoting not just our organisation but the work that we do in improving life for all disabled people.

Your management committee too is getting older and needs new blood and new ideas. To this end we are actively recruiting new members to ensure continuity and so far have succeeded in co-opting: Moira Pillans, John Stirling, Claire Fernie, Nelson Cogbill, John Stirling and whose help
will be invaluable.

**What are we doing about it?**

**Action Plan:**
The committee has agreed a four point action plan to ensure our compliance with our service level agreement with Fife Council, part of which is listed below.

**Promotion of FIDN:**
We are busy designing new leaflets and posters to appeal to a wider range of the public including younger people and different ethnic groups and this is where you can help.
We need volunteers to distribute these leaflets and put up these posters in as many places as possible. Your committee can only do so much, so what we need is a pool of able bodied volunteers to help us. Your family and friends I'm sure would want to assist with this.

**Name Change:**
The committee is proposing to change the name of our organisation to ‘Disabilities Fife’ in order to make it more memorable and understandable, and a motion to carry this out will be put to an Extraordinary General Meeting sometime in the future.

**Network Meetings:**
The name of these meetings of course will have to change too so how about some suggestions?
In order to make us more available it has been suggested that we start holding extra meetings in the evening to allow disabled people who work and even school pupils to attend, hear our speakers, ask us questions, and explain how disability effects them.
We want too to have more participation from members at all meetings, hearing your views on local and national issues, so speak up please we want your opinions, and suggestions for speakers or topics for the meetings are always welcome.

**Membership Fees:**
The £10 annual membership fee for the year April 2012 to March 2013 has been abolished to enable more people to join and benefit from our services.
All members who have already paid their fee have agreed to change the sum to a donation for which we are grateful. Of course we would encourage more to do this as funding is important to enable us to continue helping to make independence a part of disability.

**Funding:**
We are actively seeking sponsorship for our newsletter and general meetings from local companies to help cut down our expenses, applying for grants from various sources to fund a development worker to enable us to expand our membership.
We were fortunate to have received a cheque for £500 from the ‘East Neuk Wheelchair Appeal’, a charity set up to provide mobility for the disabled and assist any worthwhile causes.

**Are we doing any good?**
In order to convince Fife Council that we do actually benefit disabled people, we need to hear from you. If we have helped you in any way in the past, a short note describing how we assisted would build up a picture of the wide range of assistance we provide. Plus it would help if you told others. Now is the time for us all to stand up and be counted, because we do count, all of us.

**Working with other strands.**
Fife Council is committed to promoting equality of opportunity across the six equality strands (age, disability, gender, race, religion/belief and sexuality) and as part of our Service Level Agreement we have to show how we have worked with them. To demonstrate how we are now working with other Equality Strands we have already held:

**Fife Equality Seminar**
Together with Frae Fife and Fife Elderly Forum we organised workshops in the Rothes Halls, Glenrothes where discussions took place on equality issues and Fife Councils method of engagement with the different equality strands. A report on the findings will soon be presented to Fife Council.

**Fife’s Equalities Hustings.**
Working with the same organisations we organised and held a hustings in the Adam Smith Theatre where representatives of different political parties were asked questions relating to Equalities, and from us questions on the future of disability in Fife. It was very well attended and the responses from the Party’s representatives were interesting and informative. The speakers all demonstrated tremendous support for FIDN and the work we do, and the ongoing need for a concerted voice for disability. As one speaker said we are the experts and the statutory bodies should listen to us, also congratulating us on all the excellent work we do with NHS Fife which though very worthwhile, is not recognised as being part of our Service Level Agreement and because of this, perhaps it was time it was revised. Something which we heartily agree with.

They say that time changes things, but you actually have to change them yourselves. So support us in anyway that you can because without your help we cannot exist, and without us, you no longer have a voice in the corridors of power.
How to get to and from the new wing of the Victoria Hospital

From public transport to driving - useful travel information

COMPREHENSIVE travel plan has been developed by NHS Fife with local partners which details how you can travel to and from Victoria Hospital.

**Travelling by bus** - two new bus stops have been built on-site near the new main entrance, allowing ease of access for patients and visitors. Many existing bus routes, which had previously used stops on Hayfield Road and Dunnikier Road, will now serve these new stops. You can use the dedicated journey planner on the NHS Fife website which will give you a personalised plan including details of where and when to change buses.

**Cycling and walking** - new cycle racks are available next to the new main entrance and, for those with shorter journeys, a downloadable map of walking and cycling routes around Kirkcaldy is available on the NHS Fife website.

**Travelling by car** - if you chose to travel by car, patient and visitor site, including further disabled parking spaces. Additional parking is also available at Whyteman’s Brae and Willow Drive.

A handy 'How to get to Victoria Hospital' leaflet is available from libraries, GP practices, health centres and Fife Council offices. You can also find it online on the NHS Fife website, click under 'Hospitals' and choose 'Victoria Hospital'.
Important changes for A&E Services

**Victoria Hospital- A&E**

From 8am, 19 January 2012
A&E services at the new wing will now operate 24 hours a day, seven days a week.

Located within A&E at Victoria Hospital, the Minor Injuries Service operates 24 hours a day, seven days a week.
The Minor Injuries Service is now based at the new wing.

**Queen Margaret Hospital- A&E**

A&E services will move from Queen Margaret and will now be based at the new wing at Victoria Hospital.

**Queen Margaret Hospital - Minor Injuries Service**
The Minor Injuries Service currently operates 24 hours a day, seven days a week. It will continue to operate 24 hours a day following the move of A&E from Queen Margaret.
OSIS
Promoting Independence.

www.osis-uk.co.uk

ONE STOP INDEPENDANCE SHOP
This on line business was started by myself, Mathew Bain, as I live with a lifelong disability, so understand the needs of other people who have a disability or some form of mobility restriction.

We sell everything from walking aids to portable ramps.

We offer excellent customer service and a quick and reliable delivery. We also offer a request service, which allows you to enquire about any product that is not listed.

DISABILITY AIDS
We sell a large selection of disability aids including disposable aprons, grab bars, tap turners, ramps, wheelchair accessories, walking frame nets and caddies, bathroom accessories, dementia aids, kitchen aids, mobility & access aids, sensory loss aids, therapeutic resources, stand-alone telecare and much more.

Please feel free to browse my website and do not hesitate to contact me and my trained staff if you have any questions, and we will be more than happy to answer.

Public Transport Information.
Bus services will change in Fife on 27 February 2012. A summary is shown below.

X1 (Aberdeen - Edinburgh Zoo - Edinburgh)
New service with one return trip, daily, serving Edinburgh Zoo. This 'Panda Express' will call at Freuchie Road End, Glenrothes Bus Station, Kirkcaldy Bus Station, Dalgety Bay Railway Station and Ferrytoll P&R. Children travel free if accompanied by an adult. Timetable available soon.

19/19A/19B (Ballingry - Dunfermline - Rosyth)
Revised timetable to improve reliability. Monday to Friday journeys, between 0900 and 1600, now terminate at Hilton Road in Rosyth instead of the Dockyard. Peak-hour journeys continue to serve the Dockyard. Timetable available soon.

94A (Newburgh - Cupar - St Andrews)
The 0705 Newburgh to Cupar journey (arr. 0800) will now run 10 minutes earlier (dep. 0655 / arr. 0750) to improve reliability. Timetable available soon.
Changes to the Blue Badge Scheme

A new website has been opened for members of the public to access up-to-date information on the Blue Badge Scheme in Scotland and allows disabled persons, who meet the eligibility criteria, to apply for a blue badge on-line.

The new style Blue Badge which came into effect on 1st January 2012 will be issued to all new badge holders over the next three years, including to those reapplying for a badge on expiry of their old badge.

As badges expire, applicants will be required to complete the new application form. If they do not have internet access, they will still be able to obtain a paper application from their local authority. (In Fife call 08451 550 000)

By accessing the address below, you will be able to download copies of the new information leaflets "Can I get a Blue Badge?" and "Rights and Responsibilities of a Blue Badge Holder". (Any old hard copies of the Blue Badge Leaflets being held should be destroyed). Information is also provided about how to use a Blue Badge if travelling abroad.

In Fife call 08451 550 000

www.bluebadgescotland.org

Submitted by Christine J Thomson
Transport Policy Directorate
Transport Scotland,
2 - D North
Victoria Quay,
Leith Docks
Edinburgh
EH6 6QQ
0131 244 0869

Disability is a matter of perception.
If you can do just one thing well, you're needed by someone.
Locked out of the Disabled Toilet? 
use a RADAR key

How do I get one?
Visit FIDN with identification (e.g. Blue Badge). If it’s easier simply post a cheque along with a photocopy of both sides of your Blue Badge and we’ll send your key directly.

Is it only for wheelchair users? NO
Speak to us for clarification, but you are entitled to use a Radar accessible toilet if you require assistance in toileting, have a visual impairment etc.

Cost £3.50
Contact Muriel at FIDN’s office Tel: 01592-203993 full contact details page 9

Please Send in Letters or comments that may be of interest to FIDN readers to the FIDN office (address on page 9). Please state for Newsletter!
Please note that this is no guarantee that it will be placed in the newsletter.

FIDN Website
All FIDN Members receive the current editions of the FIDN newsletters but previous editions of the newsletters plus lots more information can be viewed on our website.
www.fidn.co.uk
USEFUL TELEPHONE NUMBERS

Inclusion Scotland
Tel 0141 221 7589
info@inclusionscotland.org

Circles Network
Tel: 01592 772220
info@circlesnetwork.org.uk

Scottish Disability Equality Forum
Tel: 01259 272064
general@sdef.org.uk

Citizens Advice & Rights Fife
Tel: 0845 1400 095
www.cas.org.uk/

NHS/Fife Health Council
Tel: 01592 200555
www.scottishhealthcouncil.org

Equality & Human Rights Commission
Tel: 0845 604 5510
scotland@equalityhumanrights.com

FIDN OFFICE CONTACT DETAILS:
Muriel MacGregor
West Bridge Mill
Bridge Street
Kirkcaldy KY1 1TE

Tel: 01592 203993
Fax: 01592 203786
Mobile (SMS Text): 07841504318
Email: enquiries@fidn.co.uk
Website: www.fidn.co.uk

THE BELOW ARE SOME USEFUL CONTACT NUMBERS RELATED TO SAFETY

Homecheck
Tel: 01592 599599

Fife Fire and Rescue Service
Tel: 01333 439497

Fife Constabulary Home Security Help / Advice
Tel: 01592 418506

Fife Constabulary Safety Officer (East)
Tel: 01334 418745

Consumer Direct
Tel: 08454 04 05 06

Citizens Advice & Rights Fife
Tel: 01334 412845

Energy Saving Trust
Tel: 0800 512 012

Care and Repair
Tel: 01592 631661

Fife Police Non-emergency
Tel: 0845 600 5702

Fife Core Paths
Email: craig.gilbert@fife.gov.uk

All Articles are presumed to be correct, but the Fife Independent Disability Network takes no responsibility for any inaccuracy’s of Articles in this newsletter. The views expressed in these articles are not necessary the views of Fife Independent Disability Network.
THE ILEOSTOMY AND INTERNAL POUCH SUPPORT GROUP

What is IA?

IA is a national support group for people with ileostomies and internal pouches.

- Listen
- Inform
- Support

Established in 1956 as the Ileostomy Association by a group of people with ileostomies and some members of the medical profession, the organisation now has 54 member organisations in the UK and Ireland. These local groups are managed by volunteers, most of whom have an Ileostomy or internal pouch.

<table>
<thead>
<tr>
<th>Ileostomy</th>
<th>Temporary Ileostomy</th>
<th>The following core activities are provided by IA for people of all ages with an Ileostomy or internal pouch:</th>
</tr>
</thead>
</table>
| Certain Inflammatory bowel diseases such as ulcerative colitis or Crohn’s disease, sometimes cause such damage to the large intestine (colon) that it becomes necessary for this to be removed. The lower end of the small intestine which is called the ileum is then brought out through the abdominal wall, forming an Ileostomy, so that bodily waste matter can be collected in an externally attached bag. | This is often referred to as a ‘loop’ Ileostomy, as it is formed by bringing a loop of small intestine out onto the abdominal wall. A temporary Ileostomy may be formed to enable an Ileo-anal pouch to heal, or to allow a join between two ends of large intestine to heal, when a section of intestine has been removed, most commonly for bowel cancer. | • Visiting  
• Members’ meetings  
• IA Journal  
• Website  
• Young IA  
• Internal Pouch  
• Advisory services  
• Medical research |
| Ileo anal pouch            | With the advances in modern surgical techniques some people now have an internal pouch formed. This surgery involves removing the colon and rectum and a reservoir (pouch) is constructed from small intestine. A temporary Ileostomy may be necessary whilst healing of the pouch takes place. | IA’s core objectives are to help those facing these operations to return to a normal active lifestyle as soon as possible after surgery. IA is totally funded by donations and subscriptions and most of the 10,000 members have either an Ileostomy or an internal pouch, allowing us to use the ‘because we know, we care’ strapline with confidence. |
My name is Betty McNeil and I am secretary of the Fife IA Support Group. We meet three times a year at The Staff Club, Victoria Hospital, Kirkcaldy. Our members consist of people who have ileostomies, pouches, colostomies and urostomies. We also have members who are family or friends of our ostomists and come along to support them. Our meetings are very informal and friendly with lots of talk and discussions. Everyone is welcome.

If you wish to find out more about the Fife IA group please contact me at the address, telephone or e-mail below. I will be more than willing to help with information or support.

Mrs B McNeil
117 Primrose Avenue
Rosyth Fife KY11 2TX
Telephone 01383 416320 E mail betty.mcneil@talktalk.net

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Speyside Trust

SHORT BREAK RESPITE HOLIDAYS

for people with learning and multiple disabilities (24 hour respite care)

BADAGUISH is an exciting yet sheltered environment which people of all abilities can enjoy with safety and confidence in the care of our experienced and qualified team.

SPEYSIDE TRUST is a Scottish Charity which has provided high quality respite care activity holidays at Badaguish for 25 years. We welcome adults and children of all abilities.

SHORT BREAK RESPITE HOLIDAYS INFORMATION

At Badaguish we offer a holiday experience that is stimulating, interesting and fun. We encourage learning new skills and taking part in as wide a choice of activities as possible.

We hope to promote an active, healthy and sociable lifestyle by offering the widest choice of activities in a way that supports personal development on many levels regardless of disability.

Badaguish Centre caters for many youth and community programmes and for the general public. We provide activities which make maximum use of an excellent range of public and community facilities in the surrounding area.

The holidays take place under the personal supervision of the Care Manager Silvie MacKenzie. Care is taken to put together appropriate small groups depending on
The care team is made up of male and female staff members. Both will provide care unless a preference is stated. Our staff training focuses on the skills to create an intimate and supportive environment and on the importance of both staff and visitors sharing all aspects of daily living together. Each individual visitor is encouraged to participate in the choice of programme and activities and full individuality will be recognised.

We welcome pre-visits from clients, parents, carers and social work staff

CONTACT:
Silvie MacKenzie,
Care Manager.
Tel: 01479 861285
Email: silvie.m@badaguish.org
Website: www.badaquis.org

April- October
Monday to Friday (5 days)  
(Some 2-week places available) 

FEES
£950 from 01/04/12
Payable 28 days prior to visit
£1150 from 01/04/12
If not paid 28 days prior to visit.

Nov - March (3,4 or 5days)
Friday to Monday (or Tuesday)
(This is flexible, please ask)

FEES
£ 190 per day from 01/04/12
Payable 28 days prior to visit
£230 per day from 01/04/12
If not paid 28 days prior to visit
Commission and the Adventure Licensing Authority. Care commission reports are available on their website at www.carecommission.com Tel: 01463 227630.

BOOKING CONDITIONS

Places will be confirmed on receipt of a completed application form, together with either full payment / payment authorisation from the Social Work Department / or by arrangement.

Please note: fees are non-refundable in the event of a cancellation less than 3 weeks prior to the visit. 50% can be refunded on production of a doctor’s certificate or in similar circumstances.

Cost includes full board, choice of activities and 24hr care. Guests' fees may be eligible for social work funding. Please contact your Social Worker.

TIME AT BADAGUISH will include use of:

- Indoor Games Room
- '5 a Side' Covered Sports Area
- Outdoor Adventure Equipment
- Trampoline
- BBQ Shed
- Archery Range
- Adapted Bikes & Go Karts

ACTIVITY HOLIDAYS for small groups (8 -10 people)

THIS IS YOUR HOLIDAY! You choose the activities and the programme. Our promise is to offer encouragement and support regardless of disability.
Lead Scotland

Lead Scotland takes on new services to support disabled learners and carers

Lead Scotland has recently taken on a range of new services to provide further support for disabled learners and carers across Scotland. This includes an Information Service to provide free and impartial advice about post-16 learning and the support available to disabled learners and carers, as well as a new policy role.

Information Service
Our Information Service is available to anyone with a disability or health condition, including those who support them (both carers and staff), across the whole of Scotland. The service is free as funding has been received from The Scottish Government. We can provide information on a range of issues, including: applying for educational courses and training programmes; sources of funding and support for disabled learners; support for the people supporting you; information regarding disability equality and discrimination; and much more.....

Freephone helpline: 0800 999 2568 (2-4pm on Tuesdays and Wednesdays, and 10am – 12pm on Thursdays and Fridays)
E-mail: info@lead.org.uk
Website: www.tinyurl.com/lead-info-service Service’.

Fife’s Equalities Hustings.

On Thursday 12th April in the Adam Smith Theatre, FIDN, Frae Fife and Fife Elderly Forum hosted a hustings where representatives of four political parties were asked questions on equality issues prior to the local elections. Again showing that we can and do work with the other Equality Strands.

Representing the different parties were left to right:
Scottish National Party: Cllr. George Kay.
Scottish Conservative Party: Mr. David Ross.
Scottish Liberal Democrats: Cllr. Tim Brett.

Although we did not agree with all of the answers, we found that they gave us food for thought.
By Pauline Medd

I had been asked to give a talk on disability at the Caledonian University Glasgow by Ken Andrews of the NHS in Fife. When I arrived I found I was given a talk to 1st years mental health students, about forty all together, being 1st years they were initially very quiet so I started on my speech.

There is a Native Americans saying ............ Do not judge a man until you have walked two moons in his moccasins. This passage has meant a lot to me over the years.

I have been disabled for 33yrs with MS I am now diabetic I have had various operations, I say the only thing working on me is my mouth some say that is good others wish I would keep quiet. There are many kinds of disabilities, Hearing impairment, visual impairment, mental impairment, but I am here to talk about what I know. Having gone through the various different stages of multiple sclerosis from a walking disable person, to a wheelchair user who needs a hoist to get out and in or of a chair, bed, or toilet. I find the worst part of being disabled is when you are reliant and dependent on other people, this takes independents away, but it also gives you the opportunity to maintain independence.

The lack of proper access to buildings, trains, buses and aeroplanes and the lack of a disabled toilets have huge implications on a disabled person, it means not been able to go to the same shops, restaurants, hotels, holidays, and places of worship that your friends and family want to go too, therefore choice is taken away. My church got a grant to put a disable toilet in but had four steps to get in to the church and did nothing about it.

You would have thought that October 2004 would have made a huge difference to disabled people, yes, it made a difference, but not a huge difference, until we get rid of the word “reasonable” which some play on to enable them not to make the changes, we won’t see facilities as they should be, people have had since 1994 to make the changes.

The people who could influence others do not always get it right-

In 2005, I was invited by the BBC to be involved with a disability awareness day. I did my homework, planned my route, organised for my carers to come in early, and phoned up to check everything was still all right. Through the conversation, I said I had an electric wheelchair.

I got a phone call from the BBC the day before I was due to go. They questioning the size of my wheelchair, I told them it is 4 x 2, I think that’s what set off the alarm bells. That afternoon I got a phone call to say my wheelchair was too big for their
lift, not their lift was too small for my wheelchair. It will be better ones we are in our new building some time in 2006 (keeping in mind their building should have been accessible by October 2004) A wheelchair lift should be an eight-person lift. Therefore, I was well and truly dumped.

What the BBC should have known is a disable persons rights. They should have known not to have a meeting for disable people in a room that was not accessible for all kinds of disabilities. They should have hired a room or hotel room to have their meeting in with preferably a proper size of disable toilet, PA system and loop system then everybody would have been able to participate and after all receive FREE advice on different disabilities.

I started to go through the DRC to take them to court, but what has to be realised, people with a disability have enough stress in their life they do not need added stress. I know I would have won my case, but why should I or any other disable person have to put themselves through all that stress, all for the word “reasonable” that’s the government's job to change that not mine.

So through frustration such as these I started to get involved in groups (more power in numbers)

I am one of the founder members of Fife Independent Disability Network that has been running now for 17 yrs.
On Fife’s NHS Disability Group for about 10 yrs.
On Fife Council’s Access Awareness Group.
Lay Assessor with the Care Inspectorate for four yrs.

Which all adds up to what we are doing here today - Patient engagement in service redesign, - do you know if a builder, designer or architect goes ahead and builds something then hand it over, to say NHS if they have got it wrong, then the NHS would have to stand the cost of putting it right. But if they have a disable group check it before it is handed over then the builder has to sort out the problem at their cost.

By involving people from the start, and I mean at the design stage, hopefully by getting the colours right, the hearing system, and the disable facilities then we are going to have a trouble free building and happy people.

I was involved in the design of the wheelchair unit in Lynbank Hospital in Fife and it is just a joy to know that if you are travelling quite a distance to get there you have a changing place toilet which has an over head hoist etc for your use.
I have also been involved recently in the new build of Glenwood dental practise and have just had the final meeting going over our findings, that they need to put up a sign from the car park where the actual entrance is its not obvious, the disable toilet door is a sliding door but nothing says that, and there seams to be a dead area, but I’m told its for prams but nothing says that so signage seams to be a problem. But I have also recommended they should put it forward for a Civic Trust Award.

You see I am not disabled by my disability but by my surroundings and other people’s attitude.

There were several different questions these are some.
Q. How have you been treated in hospital in the past?

A. I spoke about the trouble that I had had with some equipment like hoists which hadn't been charged up, hoists which couldn't lift me up above the bed that I needed to go on to, we went through 5 until we got one which would do the job properly, by then I had missed my slot. I went into the hospital to have a lump removed from my breast, they wanted me in the hospital 1 day before the operation I said sorry know I have more equipment at home, I went in the morning of the operation, I left the next morning at 11 o'clock after the operation, my doctor phoned me up and said where are you, I said at home she said are you all right I said I am fine I have more equipment at home to look after me.

Q. What are some people's attitudes towards you?

A. I spoke about paying an item at a cash desk, I handover the card and then they turn to the carer and ask them a question. Also when a waitress is pouring a cup of tea or coffee, asks the carer does she take sugar?

One lady's partner had just been diagnosed with multiple sclerosis she asked how they should handle it I suggested that she takes one day at a time and live that day to the fullest. I also mentioned that if I'm on the phone to somebody and I say to them could you give me a bit more time because I am in a wheelchair I'm a disabled person, all of a sudden they start speaking slower as if I can’t understand what they're saying.

So yes I enjoyed myself and would I do it again, in a heartbeat. Pauline.

Comment:
This article was produced by Pauline Medd using the Dragon Naturally Speaking Home speech recognition software. Simply speak words and they appear on the screen - three times faster than typing - with no typos.
Fife Shopmobility’s Solutions to Parking Difficulties in Kirkcaldy

Fife Shopmobility is a charity (SC007215) lending mobility equipment free of charge to people with mobility difficulties who wish to access the shops, business, leisure and heritage facilities in and around Kirkcaldy Town Centre.

You do not have to be registered disabled or have a blue badge to use the service or parking facilities. We have 10 extra wide car parking spaces in the Esplanade car park which are free of charge to customers using our services. If you use our parking spaces, or one of the surface car parks adjacent to our service, Shopmobility staff can bring equipment to your car. There is also a taxi/car drop off point and bus bay close to the service and equipment can be delivered to you there as well.

We are linked with Fife Council’s free Dial-a-Ride and Ring & Ride door-to-door bus services in Kirkcaldy who will bring you to Shopmobility and, if you let us know when you are arriving, a member of staff will meet you with the equipment you have booked.

In short, we can make access to Kirkcaldy’s Town Centre easier by providing you with a loan of mobility scooters, electric and manual wheelchairs free of charge and with free parking to customers using our service. We have 13 scooters, 5 electric wheelchairs, 19 manual wheelchairs (including long term hire), 1 PowerPack wheelchairs which can be borrowed on a daily basis.

Opening times are Tuesday to Saturday from 10 am until 5pm closing between 1pm and 1.30pm for lunch. There is no restricted use of the equipment on a daily basis while the service is open.

We also have long term hire manual wheelchairs. The long term hire service is ideal for anyone wishing to access Kirkcaldy Town Centre out-with our opening hours as the chair can be taken away for up to one month and is a free service.

We provide a bookable, free companion shopping service when a volunteer will meet you at our office and spend time visiting the places you want to go to within the Town Centre, using a manual wheelchair or PowerPack wheelchair.

Our free sighted guide escorted shopping is for anyone with a visual impairment and they can be accompanied by a suitably trained volunteer to do their shopping. This service is also bookable.

Further details about the companion shopping services are available by telephoning any of our 3 services on 0844 335 6414.

For customers using the service for the first time, 2 forms of identification are needed and a short test will be given when you choose to use electrical equipment. There is also some form-filling to be done, covering Health and Safety, insurance and a customer disclaimer. We recommend, therefore, that you phone in advance and arrange a time to come along and join the service.
Disabled toilet facilities are available at each service.
Donations towards the running costs of the service are welcome.
Please telephone 0844 335 6414, option 2, for more information or visit our website on www.fifeshopmobility.com for more details.

Our Glenrothes and Dunfermline branches also provide all of the services detailed above. Fife Shopmobility Ltd is a Scottish Charity No. SC007215 and is affiliated to the National Federation of Shopmobility, www.shopmobilityuk.org.

P. McIntyre

### Bus services will change in Fife on 30 April 2012. A summary is shown below.

**G7 (Glenrothes - Stenton)**
The 0850 Monday to Friday departure from Glenrothes Bus Station is retimed to depart at 0840.

**20 (Lochgelly Town Service)**
The frequency is increased to every 30 minutes and the route now covers the south end of Lochgelly, including South Street, The Avenue, B9149 and Russell Street.

**X26/X27 (Glasgow - Kirkcaldy - St Andrews)**
An additional stopping point will be added at Dysart, Fraser Place/Hill Street.

**32 (Glenrothes - Kirkcaldy)**
Revised timetable to improve reliability. Now serves the Corrie Centre in Cardenden during the daytime.

**33/X33 (Kirkcaldy - Dunfermline)**
Revised timetable to improve reliability. The 1935 Kirkcaldy to Cowdenbeath journey now departs at 1950 and extends to Dunfermline to assist staff and visitors at Victoria Hospital.

**34/34A (Kirkcaldy - Ballingry)**
The frequency is reduced to hourly. The Russell Street area of Lochgelly is no longer served but is covered by revised Service 20. In Kirkcaldy, the route is revised to serve Meldrum Road, Prime Gilt Box Street, Victoria Hospital (new stops) and Kirkcaldy Health Centre instead of Adamson/Wilson Avenue and Dunnikier Road (north end). Adamson/Wilson Avenue have numerous alternative services. Dunnikier Road (between Wilson Avenue and Hayfield Road) is no longer served.

Submitted by Gary Moyes Fife Council
Public Transport Information.

Supplied by Gary Moyes, Lead Officer, Network Planning & Information

On Monday 7 May, some bus services will operate a holiday timetable. See details, below.

**Stagecoach East Scotland**

All services will operate a Saturday timetable except:

- Night Buses N55 & N58 will not operate
- Service 77/77B will operate a normal weekday timetable
- Panda Express Service X1 will operate a normal weekday timetable JET747 will operate a Saturday timetable to Edinburgh Airport

**Moffat & Williamson**

Normal weekday service on all routes

**Scottish Citylink/Megabus/Park's of Hamilton**

Normal weekday service on all routes

**First Scotland East**

Services 15, 15A & 651 will operate a Saturday timetable

**Go-Flexi Taxi buses**

Normal weekday service on all routes
Hearing Assistance Problem

I was in attendance at the 2012 AGM of the Fife Elderly Forum on Wednesday 14th March which was held in the Dean Park Hotel, Kirkcaldy. I was representing Fife Independent Disability Network (FIDN) and to man our information stand. We were invited to attend the meeting which was great but for one thing, if there was a hearing assistance system in the room unfortunately it was not working.

I was accompanied to the conference by 2 other representatives of FIDN and one, Mr Jack Carr is hard of hearing and wears two hearing aids. Jack told me he could not hear a thing that was being said by the speakers, so I stood up and asked if there was a hearing system in the room. I was told yes but it did not always work, someone went to check, they came back saying it was not working.

The meeting was organised by the Fife Elderly Forum and most of the people in attendance there were elderly, and I assume that at least some of the people there also use hearing aids, so how were they supposed to hear the presentations?

It is an unfortunate fact that organisers of meetings and the management of venues do not check hearing assistance systems prior to any meeting, disregarding their duties under the Equalities Act. We are all meant to be treated equally after all.

R. A. Hunter

Website and Newsletter Editor
Fife Independent Disability Network (FIDN)
On the top table from left to right: Mrs Pauline Medd (FIDN Vice Chair), Mr Jack Carr (FIDN Treasurer & Deputy Chair), Muriel MacGregor (FIDN Co-ordinator), Michael Tonks (FIDN Chair) & Betty McNeil of the illeostomy & internal pouch support group.

Betty McNeil photo centre giving a talk about ileostomys & internal pouchs and some of the problems living with one. The video of the talk will be available to view on our website www.fidn.co.uk under Gallery soon.

Discussion topics:

From FIDN
1. What framework does Fife Council need to link effectively with all the equality strands?

2. Are Fife Council's consultations meeting public engagement guidelines?

3. Considering the disparity in the numbers of people in the various strands in Fife, does Fife Council consider this when supporting them either financially or literally?

From FRAE Fife

1. What is the current position of Equality in Fife.
2. What role do you think Equality organisations should play in the future in monitoring, involvement and reporting on Equality. Are the statutory organisations delivering services, consulting and engaging Equality organisations in line with the Public Sector Duties.

From FEFE
• Given that age is now recognised as a 'protected characteristic', how will Fife Council demonstrate due regard in delivering or commissioning care services for older people to ensure that they have considered the need to eliminate discrimination and harassment of older people, advance equality of opportunity and foster good relations?

• How will Fife Council demonstrate due regard when commissioning or delivering services for older people to ensure that the specific needs of different groups of older people are being met, for example through the provision of culturally and linguistically accessible services for older BME people?

The Seminar went very well and a report of the findings is being sent to Fife Council, NHS Fife and Fife Constabulary for their attention.
If you need help when travelling…
USE THE CARD.

If you have a disability, you often need a little more time to get on and off public transport and to have a safe and comfortable journey to your destination. The aim of the SEStran Thistle Assistance Card is to help anyone who has difficulty in using public transport because of their age, disability or illness and who perhaps can't communicate their requirements easily.

The driver will see from the card what kind of help you need from the symbols used.

The symbols provided with the card are shown opposite – there are also blank stickers where you can fill in your own specific needs.

- Please wait for me to sit down
- Please talk slowly and clearly
- Let me know when we arrive at:

For more information please visit www.sestran.gov.uk

For more information please contact: Clare Hamilton-Sturdy, Lead Officer, Travel Planning Tel:01592 413826 Email: clare.hamiltonsturdy@fife.gov.uk

Post: Fife Council
Transportation and Environmental Services
Rothesay House, Rothesay Place
Glenrothes, KY7 5PQ

Get yours from FIDN office now.
The following article was supplied by Pagan Osborne Ltd - Legal, financial and property specialists.

**Sensible people plan for the future.**
One quick and easy step is to sign a Power of Attorney, appointing someone you trust to help you with your affairs if for some reason you become unable to deal with them yourself.

**What is it?**
A Power of Attorney is a written document in which you give someone you trust power to look after your property and financial affairs and/or your welfare.
We liken it to a household insurance policy - you pay a premium (in this case one off rather than annual) for the peace of mind that you will be covered if something should go wrong.

**Your Property & Finances**
If you appoint an Attorney, they can help to deal with your property and finances whilst you are fit and well (for example if you are abroad or housebound), however they would have to involve you in any decisions.

If, however, your mental state deteriorates, either temporarily or permanently, and you cannot make decisions about your property and finances, then your Attorney will step into your shoes and look after your affairs for you.

**Your Welfare**
We also recommend that you appoint a Welfare Attorney.
Your Welfare Attorney can make decisions about your personal welfare if you cannot. In other words, your GP would have to confirm that you were unable to make decisions about your welfare before the Attorney could act.
A Welfare Attorney makes decisions on matters such as where you would live and what medical treatment you should receive.

**Why make a Power of Attorney?**
If you prepare a Power of Attorney now, while you are fit and well, you have the advantage of:

**Control and Choice**
You choose the person you would like to help you in the event of you becoming incapable. That decision cannot be disputed if others do not agree with your choice.

**Expense**
Whilst there are costs related to creating a Power of Attorney, they are much less significant than the alternative process.
Peace of mind
Much like writing a Will, drafting a Power of Attorney brings peace of mind that, should the worst happen, your wishes will be upheld and your affairs looked after in the way that you would want. Without a Power of Attorney in place, your assets would be frozen and your family faced with lengthy and expensive court proceedings to appoint persons of their own choosing to manage your affairs.

It is often only when an Attorney is urgently required that their appointment is considered. Taking steps now to prepare the way for assistance will ensure that you limit the stress and anxiety experienced by loved ones should a time come when you require additional help.

Who to appoint as your Attorney?
Many individuals have two or more people appointed as their Attorneys. They tend to chose friends or relatives who live close by. Alternatively, if you would feel more comfortable with a professional person acting, then your solicitor can be your Financial Attorney.
If you only have one person appointed as your Attorney it's always a good idea to name a substitute - i.e. a person who could step in if your Attorney died or fell ill.

What would happen if I didn’t have a Power of Attorney?
It is a common misconception that a close relative would be able to make decisions on your behalf, however that is not the case. Even a spouse would be unable to get access to bank accounts etc if they are held in your sole name.
If you are unable to make decisions about your finances and your welfare:
• Many of your assets could be frozen
• Your family could have to go through a lengthy Court process to have a Guardian appointed to allow them to deal with the assets and make decisions regarding your care
• The person appointed by the Court might not be the person you would have chosen
• Court Applications are expensive and there are considerable on-going costs.

What to do next? ..
Make an appointment with one of our specialist solicitors to discuss your individual situation.

Call us on 0131 624 6820 or visit us online at www.paganosborne.com

Pagan Osborne is a trading name of Pagan Osborne Ltd

Legal, financial and property specialists
FIFE - JOINT HYPERMOBILITY SYNDROME GROUP
Have you been diagnosed with Joint Hypermobility Syndrome or another connective tissue disorder?

Would you like to meet fellow sufferers to talk things over?

If so, we have started a new support group for sufferers of the condition, so please come along and join us for a cuppa and a chat.

We meet at the Staff Club (the low building to the left of Hayfield House, entry from Dunniker Road) at Victoria Hospital, Kirkcaldy, one Saturday a month from 12 - 2pm

For information on the dates of the next meetings and on the group please contact:

Moira Pillians,
186 Alexander Road,
Glenrothes,
KY7 4JG

Tel: 01592 569184
Mobile: 07842 530225
Email: fife@hypermobility.org

‘Being disabled should not mean being disqualified from having access to every aspect of life’
New CPT Mobility Scooter Code

On Wednesday, 14 September 2011 and following discussions with the Department for Transport, CPT launched a Code of Practice for the use and acceptance of Mobility Scooters on low floor buses.

The Code simplifies and puts in place standardised procedures for Operators and Mobility Scooter to ensure they are able to safely use bus services. The Code aims to make clear to all concerned the types of mobility scooters our vehicles will be able to accommodate. It introduces a permit system for the mobility scooter user that will make it easier for the bus driver to recognise that the mobility scooter has been approved by the Operator and the user has been trained in how to safely board and alight from the bus. The permit will be accepted by all Operators who adopt the Code.

The Code is being implemented through four documents:

- a general information leaflet that can be used by operators and staff as well as scooter users and members of the public;
- 2 visual scooter recognition guides for driver reference and use; and
- a credit card-sized scooter permit which is issued to scooter users by operators on successful assessment and training in boarding, alighting and moving within the vehicle.

In addition there are two letter templates for dealing with

- general enquiries from the public / scooter users about the Code; and
- a slightly different version for scooter users who have been refused.

The Confederation of Passenger Transport UK (CPT) is recognised by Government as the voice of the bus, coach and light rail industries, and the focus for consultation on national and international legislation, local regulations, operational practices and engineering standards.

CPT Code for the use and acceptance of Mobility Scooters on low floor Buses adapted to carry wheelchairs:

Bus operators are committed to making scheduled bus services accessible to as many people as possible and this code is designed to assist in helping operators in developing a policy to enable mobility scooters to be used on their services. Mobility scooters are used by an increasing proportion of the population and are not built to recognised common standards.

This code has been developed jointly by (PT and the Department for Transport and is designed to be the industry standard for the carriage of mobility scooters on
scheduled bus services outside London. Its aim is to reduce the scope for "on the bus" disagreement and disputes. Operators who adhere to this code should make this publicly known, particularly to groups representing people with mobility difficulties.

Requirements for Operators
There is no legal requirement to carry Mobility Scooters which are carried at each operator's individual discretion.

“Class 2” scooters with 3 or 4 wheels will be accepted provided they are no more than 600mm wide and 1000mm long, with a turning radius not exceeding 1200mm, and subject to the other criteria set out herein. For ease of recognition, drivers should be issued with a handy card “recognition guide” to identify “Class 2” and “Class 3” scooters.

The weight of the scooter plus occupant must be within the safe working limit (SWL) of the ramp fitted to the vehicle. As a general rule the ramps fitted to vehicles have a safe working limit of 300kg.

The SWL is identified on the bulkhead in each vehicle or on the actual ramp itself. “Class 2” scooters generally weigh 65 kg, leaving 235kgs (approx 37 stones) allowance for the occupant. It should be for the driver's discretion to confirm that the mobility scooter and occupant are within the SWL for the ramp. If the driver considers the weight to be in excess of this, then the intending passenger should be politely refused entry onto the vehicle and offered an appropriate explanation.

“Class 3” scooters are larger and are capable of travelling at 6-8 mph. These are not designed to be carried by bus and should therefore be refused for carriage. They can easily be identified, as they must be fitted with front/rear lights, hazard warning lights and manual brake.

Operators must ensure that Mobility Scooter users have their scooter assessed and approved as suitable for carriage on their vehicles. This approval needs to cover both the design of the scooter and the ability of the user to control and manoeuvre it safely.

Approval should be issued in the form of a credit card sized photographic “permit for travel” which should be for a fixed duration (not more than 5 years) as users’ health and abilities may alter over time. The permit will also contain the conditions
of use and the user should show this permit to the driver on boarding the vehicle. This standard permit once accepted and issued by one operator should be accepted by all other operators who have signed up to the code.

Requirements for Users of Mobility Scooters
All users of mobility scooters who are prospective passengers must obtain prior approval of operators and obtain a standard "permit for travel" prior to their scooter being carried on any bus. Mobility scooter users must be assessed and receive on-bus training from the operator before travelling on the bus for the first time.

As part of this training, users should be advised about the prevalence of low floor vehicles with ramps and advised that where such a vehicle is not available and a step entry vehicle is in service, it will not be possible for them to be transported.

The user must be trained by the operator in manoeuvring up and down the ramp, and within the vehicle. The ramp must be accessed head on when boarding and alighting the vehicle to reduce the risk of accidents. Only once the operator is satisfied that the user can perform these tasks safely and in a reasonable period of time should the “permit to travel” be issued to the user.

Once on board, users should put their mobility scooter in the designated wheelchair space, reversed up to the backrest. The scooter motor must be switched off and the scooter parked in gear to avoid movement. If the wheelchair space is already occupied by a wheelchair, it will not be possible for the scooter user to travel.

It is a requirement that the passenger remains on the mobility scooter once it is parked in the designated wheelchair space, using the handrails provided to assist with safety and stability.

The user should be advised that the scooter will only be carried provided that it does not pose a danger to other occupants of the vehicle. The user should be advised that the scooter must therefore be maintained in good working order, that no battery or electrical or mechanical equipment should be exposed or be leaking any fluid, is not modified or customised such that it represents an obstruction or other hazard to other passengers, and that the scooter should not be overloaded with any items which would make the scooter unstable (e.g. shopping bags).

Bus operators reserve the right to withdraw the permit to travel in the event of misuse of the mobility scooter, by the holder of the permit, which results in damage or injury to other passengers and/or the vehicle.
Note from FIDN editor: There are quite a few companies on the list but since Stagecoach, First Group and National Express are the only ones working around here that I know of I have just include them.
To date the Code has been accepted by

- First Group
- National Express
- Stagecoach

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London
WC2B5HA
www.cpt-uk.org

Tel: +44 (0) 20 7240 3131

More information can be found on the FIDN website:
http://www.fidn.co.uk/Scooters/New CPT Mobility Scooter Code.html

Note from the editor: At our last Management Committee Meeting it was mentioned that there had been articles in the news about car drivers using scooters to save money on fuel, so I had a look into it on the internet and found a few articles on the subject but most were talking about people starting to use the 2 wheeled petrol scooter and not the electric mobility ones. I did come across one article on people going to Mobility scooters to save on fuel.

One sentence in an article said: “The 21-year-old, who is not disabled, said: “It was sitting outside someone’s house and was for sale so I bought it. I wasn’t breaking any laws driving it.”

Well he is wrong, unless the laws have changed, Under the Road Traffic act 1970 only some who is Chronically Sick and Disabled Persons under the Act 1970 can use an invalid carriage whether it is Class 1, 2 or 3. and can only be used by others to for the purposes only of taking the invalid carriage to or bringing it away from any place where work of maintenance or repair is to be or has been carried out to the invalid carriage;

More information on the laws and rules pertaining to Mobility Scooters can be found on the FIDN website www.fidn.co.uk.

Robert Hunter
A Live-in Carer Scheme is a realistic alternative to moving into a residential care home.

If you know of someone who is facing the dilemma of making such a choice then information about both types of care is imperative if they or their family is to make the right choice for them.

To find out about Live-in Carer Schemes begin by asking for a copy of our information pack or visit our web site at www.uk-care.com To obtain your pack please telephone to 01603 764567 or email to Ablemg@aol.com. Your pack will be sent to you by first class post the same day.

Able Community Care has been providing live-in care schemes since 1980 and has enabled 1000’s of people to remain living in their own home and community.

Can we help someone you know? Make contact now!

Angela Gifford, Managing Director
Direct Dial +44 (0)1603 281921

P.S. Our Care Newsflash is emailed every Thursday. Keep up to date, sign up here: uk-care.com

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Gifford MD, Able Community Care Ltd. Nationwide Care Providers.

Proud providers of over 50 million hours of Live-in-care throughout Great Britain.

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