



Issue 28  
July to September 2014

# Newsletter

Open Mon-Fri 11-3pm

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## **Making Life Easier North Lanarkshire Council**

This is an online internet based service which offers information, advice and a matching service. You can find out about products which might help you with every day activities.

Access this online service via [www.northlan.gov.uk](http://www.northlan.gov.uk) and type in makinglifeeasier in the search box.

The site gives:

- ~ information on equipment and advice to help you live in your home Independently
- ~ general health information, eg A to Z of health articles
- ~ link to assessments
- ~ possible help
- ~ product listing broken down into areas, ie kitchen, hall, etc

If you want more information about equipment and adaptations, please contact one of the disability information officers at : 01698 274460  
[www.northlan.gov.uk](http://www.northlan.gov.uk) or email: [makinglifeeasier@northlan.gov.uk](mailto:makinglifeeasier@northlan.gov.uk)

## **Integrated Equipment, Adaptation and Disability Information Service**

**A joint North Lanarkshire Council and NHS Lanarkshire Service**

It provides equipment and adaptations and a disability information service which includes the making life easier service.

Equipment and adaptations across North Lanarkshire and South Lanarkshire are for NHS Lanarkshire equipment only.

The service receives approximately 600 requests a week and delivers around 80% of all equipment requests within seven working days.

The range of equipment and adaptations provided is very wide and includes items such as assistive technology, sensory impairment items, profiling beds, commodes, standard walking items, stair lifts, external rails and banisters, ramps and bathroom adaptations.

Requests come from Social Work or NHS Lanarkshire members of staff following assessment as well as from the "making life easier" service.

They also arrange service and repair of equipment and adaptations - which are carried out either by staff from the service or companies contracted by the council.

Contact the service on:

General enquiries: 01698 274460

Adaptation enquiries: 01698 274512 or 01698 274583



**Find out information on how to manage your condition and about supports that may be available now or in the future and other useful information.**

**Tea and Coffee will be provided on the day.**

**MS Information Sessions are being held at:  
Wishaw Locality Support Service  
Stewarton House  
101 Stewarton Street, Wishaw**

**Please feel free to drop in and chat to the staff from Health, Social Work and other organisations about MS.**

### **People in attendance will be:**

- . MS Specialist Nurse
- . Locality Support Service
- . Integrated Day Service for Older Adults
- . Continence Management
- . Sensory Impairment Rehab and Mobility Officer
- Physiotherapist
- . Care Manager (Social Work)
- . Carers Liaison and Support Project (CLASP)
- . MS Society
- . Welfare Rights Officer
- . Occupational Therapist
- Private Consultation
- Treatments available on the day

### **Sessions for 2014:**

**Thursday 23 January between 1pm – 3:30pm**

**Thursday 24 April between 1pm – 3:30pm**

**Thursday 24 July between 1pm – 3:30pm**

**Thursday 23 October between 1pm – 3:30pm**

**Please feel free to drop in and chat to the staff from Health, Social Work and other organisations about MS.**

Do you find it hard to heat your home? Well here's some good news. You can get help to cut your bills, and make your home warmer. Some people even qualify for extra income, discounted energy rates, free insulation or a new central heating system.

**Call the Home Energy Scotland today on 0808 808 2282 or complete our interactive [Home Energy Check](#).**

## Energy Advice



### What's on offer:

A free home energy check. This short survey will check how energy efficient your home is and suggest practical changes and improvements. It can help you save money by reducing the amount of energy you use in your home. It can be done over the phone.

### Who this is for:

Everyone. Whether you are working, retired or receiving benefits we can provide free energy advice to you. Call Home Energy Scotland on **0808 808 2282** for your own free personalised home energy check.

## More money in your pocket



### What's on offer:

A benefit and tax credit check, and access to the lowest-cost energy rates from your energy supplier..

Many people miss out on money they are entitled to from benefits and tax credits – just because they don't know it's there. We can help find out if this applies to you. Some people discover they can get as much as £1,500 extra per year.

Energy suppliers also offer some people discounted energy rates. We can advise about any discounts that may be available to help you pay less for the energy you use.

### Who this is for:

Everyone may be eligible depending on circumstances. **Call Home Energy Scotland now on 0808 808 2282 for personalised advice.**

If you are 60 or over and would like help to fill in the forms – let us know.

### Qualifying benefits are:

Child tax credit or working tax credit (where income is less than the qualifying threshold, call Home Energy Scotland to find out what the qualifying threshold is)



- Attendance Allowance
- Disability Living Allowance
- Employment and Support Allowance
- Income Support, income based Jobseekers Allowance
- Housing Benefit
- Council Tax Reduction Scheme
- War Disablement Pension which includes a mobility supplement or a constant attendance allowance
- Personal Independence Payment (PIP)
- Armed Forces Independent Payment

**Call 0808 808 2282 FREE**



## **Practical Assistance for Everyday Living**

Things are busying up at the Forum. Recently we successfully applied to Awards for All for some funds to help people with a physical disability in North Lanarkshire.

We have called it '**Practical assistance for everyday living**'

Our aim is to help people take control with a little support from a volunteer to carry out everyday living, things such as

- ✓ Help with benefit forms
  - ✓ Form filling
  - ✓ Signposting
- ✓ Attending health appointments
- ✓ Attending appointments in relation to Housing & Social Work
- ✓ Confidential service

*Recently we accompanied a service user view a property within a sheltered housing complex, this gave them some moral support. This was enough for them to feel confident to ask questions and take their time in making decisions. We also attended follow up meeting to support them in the process.*

**If you feel you would benefit from this resource OR if you would like to volunteer with us to help others so if you are interested please call Lorraine on 01698 275710.**

**I would like to stress that this is NOT an advocacy service and we do NOT provide transport.**



celebrating 150 years of listening and responding to people affected by visual impairment.

## NEW PROJECT: OPALS

Visibility is launching a new and exciting project funded by the Big Lottery. The Older People Active Lives-Sensory (OPALS) is being delivered in North and South Lanarkshire, Inverclyde and Glasgow for people aged over 55 who have vision and or hearing loss.

### Meet us!

OPALS runs small, friendly local groups which give you the opportunity to come along for a few sessions to learn new ideas and skills from invited speakers and from each other. It does help to talk to people in similar situations to you, so why not try it out?

There will be one to one sessions also to help people build their confidence in getting back out into the world again, they will offer information, support and advice for family, friends and carers.

### Let us help you...

OPALS can provide you with a volunteer to help you get back to taking part in local activities, to attend that club you thought you would have to give up or maybe a hospital appointment.



### We help friends and family too!

If you provide support for someone with sight or hearing loss, sometimes it helps to talk and share experiences. It can also help to know how best to assist someone. The friendly Visibility Team will listen to you and offer helpful advice.

**If you are interested please contact us for further details on 0141 332 4632, [opals@visibility.org.uk](mailto:opals@visibility.org.uk)**

***Or you can call us at the Disability Forum office and we can refer you on 01698 275710***

## OPALS Volunteer

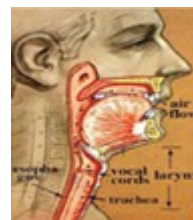
**We need you, can you help?** Do remember how you felt the first time you joined a new group? Scared, excited, nervous. Having the confidence to join a group is the next step. Can you imagine how you might feel walking into the group for the first time when you cannot see? How would you make friends? Imagine if you could not hear what was being said, how would you be able to join in? This might make you think twice about going back to the group. Unless you had someone to go with you.

**Do you think you could be that someone?** We are looking for volunteers to support people with a hearing or sight loss to take part in group activities. This support will focus on helping individuals to become more confident, learn new skills and meet new people.

If you are interested please contact us for further details on 0141 332 4632, [opals@visibility.org.uk](mailto:opals@visibility.org.uk). Packs are available online.

## SpeakEasy Lanarkshire

Drop in Cancer Information Service  
Every Wednesday  
10AM—2PM



Where? 42 Campbell Street, Hamilton, ML3 6AS  
(across from Police station)

### Whats on in Lanarkshire



- ☆
- ☆
- ☆
- ☆
- ☆

Live songs, Games, Party Dances and Meet & Greet ☆  
90 Minute Show ☆  
Fun Filled Interactive Musical ☆  
Amazing Cast ☆  
New and Original Script ☆

A must see for any 'FROZEN' fans

### FREE Day out For Dog Lovers



### Alaskan Malamute Rescue Fun Day

Strathclyde Country Park, Motherwell

28th September 2014

Join Alaskan Malamute Rescue UK for their fundraising fun day at Strathclyde Country Park on the 28th of September!

## Volunteering

Becoming a volunteer can be personally rewarding and can help you to 'give something back' to your community. Volunteers can choose from thousands of different opportunities. As a volunteer, you will not only be giving your time to help charities and community groups improve lives, but volunteering can also provide you with many benefits including:

- > **increased self confidence**
- > **meeting new people**
- > **try something new**
- > **increased job and career prospects**
- > **learn new skills**

will give you a flavour of what we do : [www.nldforum.org.uk](http://www.nldforum.org.uk)

Or contact : **Lorraine Elliott, North Lanarkshire Disability Forum, 41/42 Civic Square, Motherwell, ML1 1TP**

Or telephone : **01698 275710** for an informal chat.

## Lanarkshire Helplines:

### Mental Health

North Lanarkshire Mental Health Information – 0800 073 0918

Lanarkshire Links - 01698 265232 or 265254

### Deaf and Hearing Impaired

Lanarkshire Deaf Club – 01698 275710 [lanarkshdeafclub@btconnect.com](mailto:lanarkshdeafclub@btconnect.com)

### Blind and Sight Impaired

RNIB -0131 311 8500 (Edinburgh Head office)

### Children and young people with disabilities

Partners in Play – 01698 361174

### Carers

North Lanarkshire Carers Together – 01698 404055

### Elderly

Voice of Experience – 01236 758855

### Disabled Access Information

North Lanarkshire Disability Access Panel can be contacted through North Lanarkshire Disability Forum on 01698 275710.



- Industrial Injuries Disablement Benefit which includes a constant attendance allowance