

# Team-Talk



*Winter 2009*



**MK CIL Disability Information Service**

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## Note from the Editor

Welcome to the Winter Edition of Team Talk.  
In this issue there are details about our AGM in January.



I would like to wish everyone a very merry  
Christmas and a happy New Year.

*Annette Holcroft, Editor*

## Manager's Letter



It is a very busy time of year for everyone as we prepare for Christmas, and at CIL it has been especially busy as we are keeping abreast with the changes that are taking place in Adult Social Care. We are pleased to be working alongside Milton Keynes Council and look forward to further partnership working to develop more opportunities and choice for disabled people in Milton Keynes.

We are training four new volunteers for the information service and welcome, Carole, Samantha, Peter and Richard to the team. At the same time we say farewell to Janis who has been a real asset to CIL over her two years with us, but now feels that she needs more time to enjoy her retirement and her family.

Our Deaf Community Drop-in, which we launched this autumn, with the support of Milton Keynes Community Foundation is proving to be very successful.

We also had a very busy quarter delivering Disability Awareness Training and have received very positive feedback on the course. Kat, our Training Co-ordinator, would be happy to give further details to anyone who is interested.



We wish you all a very happy Christmas and New Year.

*Diane M Gordon, Manager*

## **CIL Annual General Meeting**

**Monday 25th January 2010 at 1.00pm**

The Guildhall, Church of Christ the Cornerstone  
Central Milton Keynes



After the formal business there will be a presentation by the Social Care Reform Team at Milton Keynes Council.

### **My Life, My choice-Your Life, Your Choice Putting People First in Milton Keynes A Local Update**

Afterwards there will be refreshments and a chance to chat and look round our display and information areas.

The current Board of Directors are:

Annette Holcroft	Chair
Geoff Saunders	Vice-Chair
Edith Dunse	Secretary
Derek Eastman	Treasurer
Assunta Armerie	Director
Neil Ruffles	Director
Christine Checkley	Director
Dave Ewing	Director
Kirsty Liddiard	Director

This is your chance to hear about CIL's progress and future aspirations, and to give feedback on all that we do.

## **Disability Law Service**

The Disability Law Service (DLS) provides information and advice to disabled people and their families.

DLS can help in these areas of law:

- Disability Discrimination
- Consumer
- Community Care
- Further and Higher Education
- Employment

DLS runs a national advice line which is available from:  
Monday to Friday 10.00am-5.00pm.

Tel: 020 7791 9800

Minicom: 020 7791 9801

Email: [advice@dls.org.uk](mailto:advice@dls.org.uk)

Post: DLS, 39-45 Cavell Street, London E1 2BP

## **CIL Christmas opening hours**

We close at 4.00pm on  
Wednesday 23rd December 2009

We open at 10.00am on Monday 4th January 2010



## **What Milton Keynes Council are doing to transform social care**

### **My Life, My Choice – Your Life, Your Choice**

#### **Putting People First in Milton Keynes**

Milton Keynes Council has a comprehensive planned programme of change, which sets out the key tasks under six priorities; these priorities emerged during a consultation event with service users, carers and staff. The programme is planned to work through to at least mid 2011.

#### **The Six Priorities (key programme areas)**

##### **I am encouraged to be as independent as possible**

This part of the programme looks at ways in which the council helps people to remain independent and living at home.

##### **People take time to get to know me and my carer**

This is to ensure we are really listening to people when they are telling us about their needs and what they want to achieve.

##### **I am responsible for myself – I can take risks**

When people are given more choice and control, they tell us that they want to be supported to try new things and new ways of getting support.

We need to make sure that this is done in a safe and responsible way.

We need to ensure that people are given every chance to manage their own affairs, but still want to help them when they need it, or when we feel there could be a risk to them.

### **I know where to go for advice and help**

This part of the programme will look at all of the information sources within the council, particularly within social care to make sure that people know where to go for help and advice and that the advice they get is accurate and appropriate.

If people get information and advice early on when they have a problem, this can help stop the problem from developing.

### **I have the money I need to buy the support I need**

Building on our successes with direct payments, we plan to find a legal, effective and affordable way of being able to give people the money they need to meet their outcomes. This is known as the process of Resource Allocation. Additionally we are looking at Milton Keynes as a whole and exploring what opportunities there are in the market place and how we work with partner agencies and companies to get the best range of quality of choices for local people.

## **I can rely on a skilful, confident social care workforce**

We will work with all our staff to make sure they have the skills and knowledge required to deliver a high quality service to our citizens.

We will also work with all providers in the independent and voluntary sector to make sure that their workforces are developing in line with the changes and we will help support them during the period of change to provide a more personalised approach to the service they provide.

## **Find out more on the web page**

There is now a web page on the internet giving information on what Social Care Reform is all about and what Milton Keynes Council are doing to implement those changes. Please keep checking the web site, it's a great way of keeping up to date of the progress being made.

Web page link

<http://www.milton-keynes.gov.uk/socialcare-reform>

Alternatively you can call Samantha Samuels  
on: 01908 253817.



## Wheelchair Maintenance



Wheelchairs issued from the Milton Keynes Wheelchair Services are maintained by an arrangement with:

CF Hewerdine Ltd  
Devils Lane  
Thorpe Lea Road  
Egham  
Surrey  
TW20 8HF

Phone: 01784 451258

Hewerdine can also be approached for repair of wheelchairs and scooters that have been bought privately, and two other companies also offer this service.

Buckingham Engineering Co. Ltd  
Old Leighton Farm  
Mursley Road  
Stewkley  
Bucks  
LU7 0ES

Phone: 01908 221102  
or 01296 720800

Milton Keynes Shopmobility  
421 Saxon Gate East  
Midsummer Place  
Central Milton Keynes  
MK9 3AE

Phone: 01908 550470

Wheelchairs and scooters can sometimes be repaired and serviced by the company that they were bought from.

## Travel and Holidays

Here are some details about Eurostar and Butlins to get you in the mood for booking a holiday for next year.

### **Eurostar**



Terminals:

<b>London:</b>	St Pancras International
<b>Ebbsfleet:</b>	Ebbsfleet International, Kent
<b>Ashford:</b>	Ashford International, Kent
<b>Calais:</b>	Calais-Frethun
<b>Lille:</b>	Lille Europe
<b>Brussels:</b>	Brussels-Midi/Zuid
<b>Paris:</b>	Gare du Nord
<b>Disneyland Paris:</b>	Marne-la-Vallee

There are people on hand at all the terminals in case you need assistance.

There is a wheelchair user fare so that you can travel in your own wheelchair. One travelling companion can accompany you at a reduced rate.

Eurostar do not provide wheelchairs so please bring your own to travel in.

Registered assistance dogs are accepted on board.

Tel: 08705 186 186

Website: [eurostar.com](http://eurostar.com)



## **Butlins**

If a seaside venue with lots of activities at hand is your idea of a holiday, maybe Butlins is worth considering.

They have accessible apartments and hotels.

Butlins Bognor Regis

West Sussex

PO21 1JJ

Tel: 0845 070 4770

Butlins Minehead

Somerset

TA24 5SH

Tel: 0845 070 4760

Butlins Skegness

Lincolnshire

PE25 1NJ

Tel: 0845 070 4750

Website: [www.butlins.com](http://www.butlins.com)

At CIL we have lots of information on accessible holidays, in the UK and abroad.

Please do phone or pop in, and we will be happy to give you the appropriate details of suitable places to meet your individual needs.

## Volunteer Profile

Hello, I'm Julie

I am a Volunteer Information Assistant who has been with CIL for eleven months, so I feel I am still learning from very friendly and helpful colleagues.

I also help with Disability Awareness Training to other Voluntary Organisations and the Public Sector.



I live with Bob, my long suffering partner, and have two wonderful sons, Daniel and Alexander.

*Julie Moore, Volunteer*

## Back to Reality

Bernard Jones from Milton Keynes, has rebuilt his life after 2 strokes, a heart attack and a leg amputation.

His autobiography "Back to Reality" has been published. It is available from [www.amazon.co.uk](http://www.amazon.co.uk) for £7.99

Proceeds of his book go to MK CIL and Different Strokes.



## Mulled Wine

Preparation time: 35 minutes

Serves 6

### Ingredients

1 bottle robust red wine  
2 cloves  
2 blades mace  
2 allspice berries  
1 stick cinnamon, broken  
6 cardamom pods  
Finely pared zest of 1 lemon  
Finely pared zest of 1 orange  
100g caster sugar, or to taste



### Method

Put everything but the sugar into a non-corrodible pan over a low heat.

Warm to just below boiling.

Remove from the heat and leave to infuse for 10 - 15 minutes.

Return to a low heat.

When hot, but not boiling, sweeten to taste.

Strain and serve immediately.

Cheers!



## Christmas Trivia



### Famous people born on Christmas Day

Annie Lennox ..... Actress born 1954  
 Sissy Spacek ..... Actress born 1949  
 Humphrey Bogart ..... Actor born 1899  
 Conrad Hilton ..... Hotelier born 1887

Electric lights for Christmas trees were first used in 1895.

The “Nutcracker” is the most famous Christmas ballet.

Holly berries are poisonous.

Coca Cola was the first beverage company to use Santa for a winter promotion.

### Names for Father Christmas from around the world

Denmark ..... Julemanden  
 France and Belgium ..... Pere Noel  
 Germany ..... Weihnachtsmann  
 Italy ..... Babbo Natalie  
 Iran ..... Baba Noel  
 Malta ..... San Niklaw  
 Russia ..... Ded Moroz  
 Spain & Egypt ..... Papa Noel  
 Turkey ..... Noel Baba



## Christmas Fun



What do snowmen wear on their heads?

*Ice caps*

What is a snowman's favourite lunch?

*An iceberger*

What do you call a snowman party?

*A snowball*

Why are Christmas trees such bad knitters?

*They are always dropping their needles*

Why did they let the turkey join the band?

*Because he had the drumsticks*

What did the little candle say to the big candle?

*I'm going out tonight*

The Christmas alphabet has NO EL



## CIL DIARY



### **Tuesday**

2nd and 4th Tuesday of the month

#### **Deaf Community Drop-In**

10.00am - 12.00pm

1st Tuesday of the month

#### **Stroke Peer Support Group Drop-In**

10.00am - 12.30pm

### **Wednesday**

13th January 2010

#### **MS (Multiple Sclerosis) Drop-In For Newly Diagnosed and Injection Therapy**

1.00pm - 3.00pm

### **Thursday**

Every Thursday afternoon

#### **Welfare Rights Surgery**

By appointment only

#### **DLA (Disability Living Allowance) and AA (Attendance Allowance)**

Form Filling

#### **Wednesday morning and Friday morning**

By appointment only