

Spelthorne
Committee
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Now



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Editorial - Your Late Majesty, Queen Elizabeth II – Rest in Peace

Those of us under the age of 70 have known no other Monarch. We have known no other images on our postage stamps, bank notes and coinage for most of those 70 years.

We have subconsciously known that there was a public persona as well as a completely different private persona, with the latter being one that only a selected few, outside of the family, close friends and staff, got to see. What was said and done 'behind closed doors' stayed there.

From Her sketch with Daniel Craig that preceded the opening ceremony of the 2012 London Olympic Games to the most recent 'Tea with Paddington' during the Jubilee - both of which Her family knew nothing about until the sketches were actually broadcast, to the long list of 'one liners' that are slowly surfacing.

The now infamous meeting with the American tourists while she was out walking with an equerry on the Balmoral estate, and when asked if she had met the Queen, she replied '*No but he has*' pointing to her equerry. In a more recent video clip when she appeared to be struggling to cut a large sponge cake with a sword/sabre, a voice off camera was heard to say '*there is a knife*' to which the Queen replied '*I know, but it's more interesting doing it this way*'

For 70 years she walked a fine line between the two personas. Her 'duty' was to maintain the '*Mystique of the Monarchy*' but not become too remote. '*I have to be seen to be believed*'.

She had strong role models. Both Her parents and Grandparents were there for her through her early childhood and then later as Queen she continued to have the support and guidance of her mother for 50 years. We heard stories from 'Her neighbours' in Ballater, and the other villages surrounding the Balmoral estate, that Balmoral was a place where she could 'hang Her crown on the gate post as she went through the gates' and just be a wife, mother, grandmother and latterly great grandmother. Tales are also emerging from those invited to the regular 'informal' 'picnics, all in a similar vein to that of Dickie Arbiter, a royal aide. After he'd decided to start the washing up and on hearing footsteps behind him, expecting it to be the 'lady in waiting' he quipped, '*I'll wash, you dry*' But a very familiar voice replied '*I'll wash, YOU dry.*' Picking up a tea towel, he did as he was told.

On a 'walk about' in Windsor, Katherine, the new Princess of Wales revealed the words of her youngest son, Prince Louis. '*Mummy don't worry because she is now with great grandpa.*'

Rest in Peace Your Late Majesty now that you are reunited with your 'Strength and Stay'.

The Dawn of a New Carolean Era - GOD Save the King

To paraphrase Sir Lindsay Hoyle, Speaker of the House of Commons, *the longest apprenticeship in history has ended*. For many of us the events of the last three weeks have been a unique insight into the 'Mystique of the Monarchy' and the new Sovereign seems to be indicating that he will be taking on his mother's resolve *'to be seen to be believed'*.

The televised pageantry of the ***Proclamation of the Accession of His Majesty*** by Accession Council had never been seen before and provided an education for us all as well as his heir, Prince William.

Her Late Majesty was the first Monarch to die in Scotland so Edinburgh had the honour of hosting a smaller, but no less important, version of the ceremonial that would later be held in London. The first part was a journey from Balmoral to Edinburgh followed by a slow walk along the Royal Mile to the 'lying at rest' in St Giles's Cathedral.

It has been said that the Late Queen would only mark the date of her accession with a day of reflection for her father. Unlike her son, she could not be with her father when he died. She was staying in a tree house on a game viewing reserve in Kenya at the start of a tour. Her father was too ill to make the trip. To paraphrase a comment made in the reserves visitor's book *'a young woman climbed into a tree one day a Princess and she climbed down from the tree next day a Queen.'*

His Majesty will not, and neither should we, forget that every anniversary of the King's accession will have the same 'bitter sweet' memories for him and his extended family.



Thomas & Friends - Bruno the Brake Car



Children's TV show Thomas & Friends is introducing its first autistic character, created in collaboration with autistic writers and organisations. The new role of Bruno the Brake Car will be voiced by nine-year-old autistic actor Elliott Garcia

from Reading, who the National Autistic Society helped cast.

Bruno is a 'joyful, pun-making brake car' who is detail-orientated and enjoys schedules, routine and knows where all the tracks lead in the area. He rolls in reverse at the end of the train, which gives him a unique perspective on the world, as he helps the other engines by keeping heavy cargo steady with his strong brakes. The engine car also uses a lantern on his red exterior to communicate his emotional state, moving when he is excited or cautious, and he can create ear defenders by puffing out steam if

he feels sensitive to loud noises.

Elliott said 'It's great that they are representing autistic characters because I watch the Thomas & Friends series and for there to be an autistic character makes me feel very happy and excited.

The character and storylines were developed by Mattel Television in collaboration with US autism organisations including the Autistic Self Advocacy Network (ASAN) and Easterseals Southern California as well as autistic writers and spokespeople.

Autism is a developmental disability which affects how people communicate and interact with the world, as described by the National Autistic Society.

Tom Purser, head of guidance, volunteering and campaigns at the National Autistic Society, commented: 'It's important that everyone sees autistic characters on our screens because there are 160,000 school-age autistic children in the UK and they want to see their stories told, but it's also important that non-autistic children get insight and understanding into what it can be like to be autistic. What Elliot brings to this role is his joy and enthusiasm, his autistic experiences and he just brings the character to life.' He added: 'This is a real moment for autism because the history of autistic children and their relationship with the Thomas & Friends series is an amazing moment for Mattel, for the Thomas & Friends brand, and for autistic people.' <https://metro.co.uk/2022/09/07/thomas-friends-introduces-its-first-autistic-character-bruno-17317139/>



UK Disability History Month (UKDHM) 2022 –

Wednesday 16th November 2022 to Friday 16th December 2022

– Edited from www.ukdhm.org

UK Disability History Month (UKDHM) is an annual event creating a platform to focus on the history of the struggle for equality and human rights. 2021 was their twelfth year and they have seen a steady increase in interest and activity since they began in 2010.

Two Ways of viewing disablement: 'Medical Model' or 'Social Model'.

2. The 'Medical Model' of Disability

The 'medical model' sees the disabled person as the problem. We are to be adapted to fit into the world as it is. The power to change us seems to lie within the medical and associated professions, with their talk of cures, normalisation and science.

3. The 'Social Model' of Disability

The Disabled People's Movement believes the 'cure' to the problem of disability lies in the restructuring of society. This approach, referred to as the 'social model' suggests those disabled people's individual and collective disadvantage is due to a complex

form of institutional discrimination.

Our fight for the inclusion of all children, however 'severely' disabled, in one, mainstream, education system, will not make sense unless the difference between the 'social' and the 'medical' or individual model of disability is understood.



Disabled Persons Transport Advisory Committee



We are an expert committee established by the Transport Act 1985, providing advice to the government on the transport needs of disabled people.

Members of DPTAC are mostly, but not exclusively disabled people. They are public appointees recruited to serve for about 3 years. Members require a high level of understanding of the transport needs of disabled people. They are required to work with others to constructively and pragmatically increase opportunities for disabled people to travel independently and safely.

Responsibilities

We advocate the promotion of an accessible transport system in the advice given to government.

DPTAC's additional responsibilities are to:

- provide advice to the Department for Transport (DfT) to assist in the development of policy and other proposals
- monitor how DfT delivers its commitments, such as those set out in the Inclusive Transport Strategy <https://www.gov.uk/government/publications/inclusive-transport-strategy>
- be a 'sounding board' and 'critical friend' to DfT and to offer clear, constructive, criticism
- as required, provide additional advice and support to DfT such as participating in steering groups for research projects

Priorities

Our priorities are to:

- provide timely, focused and independent advice to DfT on matters relating to transport for disabled people during policy development, the specification of research, evaluation of policy and on relevant consultation exercises
- take account of the broad views and experiences of all disabled people and develop its advice through effective engagement with department policy leads, the transport industry, organisations representing disabled people, and

other stakeholder

- work with DfT and industry to measure and monitor progress on delivery of the commitments in the department's Inclusive Transport Strategy and other relevant activities

<https://www.gov.uk/government/organisations/disabled-persons-transport-advisory-committee/>



Authorities Seek A Piece Of E-Scooter Action

City region transport authorities are calling for a new 'national enabling framework' to allow councils to regulate and charge operators of e-scooter and other micro mobility rental services. In a report published in March 2022 the Urban Transport Group (UTG) said the new powers would give authorities the option of regulating issues such as the number of operators, the size of their fleets, their geographical coverage, the location of their parking, 'as well as to recover reasonable costs from operators who use their roads and infrastructure'.

The report also recommends that micro mobility rental scheme operators should be required to share data with authorities to support transport planning. More than 30 trials of e-scooters are taking place across England, most of which have been extended to November. UTG chair Laura Shoaf, who is also chief executive at the West Midlands Combined Authority, said: areas represented by the organisation had enthusiastically taken part in the trials 'as part of our wider role in exploring how new forms of mobility can bring benefits to travellers in a way that doesn't act against the wider public interest'.

The UTG said its report sets out the wide-ranging risks if its recommendations are not implemented, including:

- danger to users, pedestrians and other road users from falls, collisions and other incidents
- micro mobility services not complementing existing journey patterns and transport provision, limiting the capacity for modal shift
- pedestrians being unable to safely use obstructed streets and footways
- lack of data to inform transport planning
- lack of traceability of riders
- the potential for e-scooters to be used in criminal activity.

It said that while e-scooters can legally be bought outside the trials, their use on public roads, cycle ways and pavements remains illegal, but is increasingly common, adding that illegal use raises significant safety concerns, given the immense variation in e-scooter quality and safety specifications currently available.

The report 'strongly recommends' that the Department for Transport set robust standards for the construction (such as speed, wheel size, brakes and lighting) of e-scooters for sale as well as for their use on the road, including details of applicable offences and how these will be enforced. <https://www.transport-network.co.uk/Authorities-look-for-a-piece-of-e-scooter-action/17623>



Kew Gardens Walking Tours for People Living with Dementia, Sight Loss or Hearing Loss (incl. BSL)

Kew have started to run their walks around the beautiful setting of Kew Gardens that are designed to be accessible for people living with dementia, sight loss or hearing loss.

All walks start from Victoria Gate and last around 60 minutes. The walks are led by their volunteer walk leaders. Support workers, friends or family are very welcome and will also receive free entry to the Gardens. They plan to run the Monthly series of walks up to and inclusive of November 2022. Please Check with Kew for any changes to the schedules

Forthcoming BSL Tour Dates TBA – see Kew Website

<https://www.kew.org/kew-gardens/whats-on/monthly-british-sign-language-tours>

Forthcoming Dementia Friendly Tour Dates

12th October 11am – 12pm

9th November 11am – 12pm

<https://www.kew.org/kew-gardens/whats-on/health-walks-for-people-living-with-dementia>

Forthcoming Sensory Tour Dates TBA - see Kew Website

<https://www.kew.org/kew-gardens/whats-on/sensory-guided-walking-tours-for-visitors-with-sight-loss-and-their-carers>

Walking tours have a limit to the number people who can participate for any of their Events and Walking Tours so it is essential that you register in advance for ALL walks and events at Kew. Email discovery@kew.org or Telephone 07341 114533.



Creature Dis Comforts – taken from Leonard Cheshire Disability website and still images by Aardman Animation

In this newsletter the serialisation continues of extracts from the advertising campaign, on behalf of Leonard Cheshire Disability, that was launched on line at www.creaturediscomforts.org and in print in November 2007. Then in January 2008 the campaign was launched on tv and radio with the intention of changing attitudes towards disability. The cast of Creatures was then extended later in 2008.

Based on the Aardman Animations' Creature Comforts series, the 'Creature Dis Comforts' animations have the voices of disabled people describing, in their own words, the negative attitudes and barriers they experience. Each animation ends with the message "change the way you see disability".

In each of these commercials there are animated 'Creatures' talking to camera. There is also a microphone slightly in frame which indicates that an interview is being conducted and they are being recorded.



TV Ad 7 - 'School - Education' Here are two animated animals with disabilities; the blind Callum again and Ozzy who is in a wheelchair.

(Ozzy): *It took me a little while to build up the courage to get back into the jist of going into education because you're interacting again isn't it you're back out there with the public. People look at you like, 'oh, he's in a wheelchair and he's in Uni, good on ya mate' you know what I mean.*

(Callum): *They can be quite judgemental about your disability. I mean the number of people who've told me 'you can't do that', really annoys me, especially as I can do better than they can sometimes.*

Owl - Ozzy - voiced by Adrian who was 25 and lived in South London. He had lost the use of his legs and had one arm amputated after a motorbike accident. Adrian was taking a business course at Westminster University. "They treat me wonderful down there, to be pretty honest. When I go down there, there's always someone opening the door. They give me all the facilities and everything's wheelchair accessible - by law, anyway, it's got to be."

The final video advert features; *Cath - Cat and Sonny - Shrimp.*



Guide Dogs Celebrated Their 90th Anniversary in 2021

In October 1931, the UK's first guide dog partnerships qualified and Guide Dogs first four dogs changed the first four lives. Since then, we've been there for people with sight loss and those around them – every day and every step of the way. And with new services, new technologies and our amazing staff, volunteers, dogs and supporters, we will be there for the next 90. Our support for people with sight loss over the past 90 years. A quick journey through our archives in our video below showing how we've supported people with sight loss over the past 90 years <https://www.guidedogs.org.uk/guide-dogs-90th-anniversary/>

Commuters Ignore Blind Man And His Dog – Edited from the Metro March 2018

Amit Patel had fitted a GoPro camera to his guide dog, Kika's, harness and filmed every journey they made after commuters refused to offer him a seat on a busy train. The former A&E doctor was forced to balance himself against a door on the train, despite being in a designated disability priority section, while Kika kept slipping on the wet floor.

Following the incident, Amit, who travels almost every day on Southeastern trains to London Bridge, and then on the London Underground, wrote: 'People can be so selfish, they pretend they can't see or hear when I ask if there's a seat available.'

The 38-year-old, who lost his sight six years ago to keratoconus, was shocked to learn just how hard Kika works to keep him safe as he travels around London.

The disturbing footage shows commuters at Waterloo station brushing past Kika, pushing against her and simply ignoring Amit and her as they try to get on to an escalator. No one stops for them, no one offers to help and, worryingly, the pair are almost treated as though they don't exist.

Writing on Kika's own Twitter account, Amit said: *'If you ever wondered why dad is so concerned about my wellbeing when out & about, maybe this video will give you a glimpse of just how much focus I need to navigate a busy environment. 'I'm expected to do this day in & day out!'*

'It's so humiliating when I struggle to find something to hold onto & keep Kika safe at the same time, this is when you'll see a tear running down my face. 'Life is difficult enough.'

Kika is one of only 5% of guide dogs that are trained to take their owners on escalators, but Amit says she can still get very upset when other users hit her or barge past her. Following another incident on an escalator, he said: 'It really scares Kika sometimes. I can feel how upset she gets, and when I get upset she senses it as well – and she won't go on the escalators for a few days.'

Amit has a specific route he usually takes, but he says that when he is in unfamiliar surroundings, for example when roads or tube lines on his normal route are closed, he has been ignored by station staff.

He has also previously filmed taxis refusing to stop for him, and passers-by distracting Kika by touching her.

<https://metro.co.uk/2018/03/30/blind-man-left-tears-cruel-commuters-shows-just-how-hard-guide-dog-works-7427863/>



Staines Shopmobility

making staines accessible



**Two Rivers (West Car park),
Mustard Mill Road,
STAINES, TW18 4BL.
Telephone 01784 459416**

The service will be available Monday to Saturday from 9.30am until 4.15pm, with the last equipment hire time of 3pm. All equipment is to be returned by 4.15pm.

These opening times are subject to change at short notice so we recommend you call us before your visit.

stainesshopmo@btconnect.com
www.stainesshopmobility.com
www.facebook.com/stainesshopmobility

Membership Charges

Membership is available on a daily or annual basis. Please contact manager for details

Holiday Hire

*Wheelchair- Overnight, Weekend, Week, Fortnight - maximum hire period of 6 weeks.
A Cash Deposit Of £50 Is Required.*

*Scooter - Overnight, Weekend, Week, Fortnight - maximum hire period of 4 weeks.
A Cash Deposit Of £100 Is Required.*



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Spelthorne Para Sports Club



Aimed at young people aged 5-25 and their siblings, Spelthorne Para Sports Club provides opportunities to play a wide range of sports as well as offering sport specific coaching for those interested in developing skills.

All sessions are overseen by enthusiastic volunteers although parents/guardians are encouraged to stay on side during the sessions. No need to book - come and try - first session free!

Where - Spelthorne Leisure Centre, Knowle Green, Staines,

Cost - £3 a session (£2 for siblings) payable on the day.

When - 1st and 3rd Saturday of each month 10:15-11:45am (term time)

For more information please visit the council's web site

www.spelthorne.gov.uk/parasportsclub

Spelthorne Boccia Club

Boccia is a disability sport that is similar to bowls and petanque.

The aim of the game is to propel leather balls, coloured red or blue, close to a white target ball (the jack).

It is played from a seated position and the ball can be moved with players' hands, feet or an assistive device eg a head or hand pointer.

Our club is aimed at people aged 16+ with disabilities (young people aged 14+ may join with an adult carer present)

Where - Spelthorne Leisure Centre, Knowle Green, Staines

When – Every Thursday 6pm - 6.55pm

Cost - £3 per week (no need to book, just turn up and join in)

For more information please visit the council's web site

www.spelthorne.gov.uk/boccia



Update for Baywatch Surveys

The Baywatch campaign was first launched in 2002 when no supermarkets were committed to ensuring that accessible bays were not abused.

DMUK started with just the 'Big Four' Tesco, Morrisons, Sainsbury's and Asda, and the public were asked to record and submit details of the levels of disabled parking abuse during a specified period. DMUK then published a 'league table of the major stores' performance. The first survey revealed that one in four disabled bays at supermarkets were being abused. Asda ran a trial in 2007 introducing £60 fines for abusers of the spaces at some of its stores and a small survey undertaken 3 months after the fines were introduced revealed that abuse fell to just 3%.

In 2017 the surveys were expanded and returns were accepted from shoppers who used Aldi, Lidl, Waitrose, Co-Op and M&S, though it was hard to draw comparisons between the stores when Tesco had many more responses returned than Aldi.

The Coronavirus pandemic forced a change to the format of the surveys and DMUK instead asked the public to send in their general parking experiences over the previous 12 months. The 2022 survey was run throughout August 2022 and followed a similar style to the previous two year's surveys.

The results are currently being calculated and assessed and will be made available on

www.disabledmotoring.org/baywatch/baywatch-2022. The results of earlier surveys on is available at

www.disabledmotoring.org/baywatch-2021/baywatch-2021



SCAN Blue Bay Abuse Surveys

SCAN is very keen to run our own surveys to see how our local instance of parking bay abuse compares with the DMUK's national results. We need volunteers to help with these surveys

The questions have been selected and if you prefer a paper version of the forms, please email info@spelthorneaccess.org.uk or text 07859 639025 (*Please Note our New Number*) with your postal address and we will send you a copy of the forms with an SAE to return them.

We also have a survey page on our web site at <https://www.spelthorneaccess.org.uk/survey/>



Let's Hear Surrey



Hearing loss is something which affects one in six people in the UK, and in Surrey we're trying to do something about it. "Let's Hear Surrey" was formed by the Surrey Coalition of Disabled People and focused on promoting awareness of hearing loops. You may have seen those blue and white ear signs with a letter 'T's stuck on the fronts of shop windows or next to check-outs in supermarkets or bank counters. That means these businesses have a hearing loop which works for anyone with a hearing aid, which has been fitted with a telecoil.

So, if you are at a train station to order a ticket, the counter window will have a loop fitted with the person in the ticket office speaking into a microphone. If you have a telecoil-activated hearing aid, you will enjoy a crystal clear conversation since the hearing loop cuts out all the clutter.

The Let's Hear Surrey group has enjoyed some success in changing attitudes, as well as providing better quality loops both in the county and nationally. They are among 10 loop groups in towns nationwide, organised by the charity Hearing Link.

At the heart of each group are hearing aid wearers, who act as secret shoppers by visiting businesses to check the quality of loops. Where there are problems, then "Let's Hear Surrey" works with those organisations to get the loop fixed. The group is looking for more volunteers to become involved. It's a small commitment, but a big opportunity to change the way communities in Surrey view and hear hearing loops.

If you live in Surrey and would like to find out more, contact Yasmin Broome at the Surrey Coalition of Disabled People or complete the online contact form. Alternatively our text-only phone number is 077809 33053.



Facebook's Importance To The Sign Language

Community – *First Edited for SCAN's newsletter in April 2016*
from <https://www.bbc.co.uk/news/disability-35103292>

Sign language users once had to meet at local deaf clubs to have conversations and share their views. Now, video on social media means things have changed, says deaf journalist Charlie Swinbourne. In recent years, though, social media sites have started to replace the deaf club, with Facebook leading the way. Videos on newsfeed pages can be viewed for long periods and groups are easy to set up and join.

The importance of Facebook as an outlet for the sign language community was acknowledged at a high level when the Scottish Parliament set up a group on the site to gain supporting evidence for the ground breaking British Sign Language (Scotland) Bill, which was passed in September 2015, and aims to promote usage of the language. When social media first became popular, the novelty for a sign language user was that they could appear just the same as anyone else via text. Many deaf people enjoyed being able to communicate more easily with their network of hearing colleagues, old school friends or family members for the first time. That's why, when mobile phones and tablets with high-resolution cameras arrived, sign language users started creating their status updates in video, not text, filming themselves signing. Now a typical deaf person's Facebook page is full of their friends signing, which is much more natural.

But Facebook isn't as good as it could be for deaf people. While status updates can be posted in video, Walker points out that once you hit "reply", the video option disappears and you have to revert to typing in English for all follow-up comments, and others point out how hard it can be to keep track of what people say because of the way updates fall quickly down timelines. A more general concern is that Facebook's popularity could lead to more deaf clubs closing, and fewer opportunities for people to meet and sign with each other face-to-face. To read the full article visit <http://www.bbc.co.uk/news/disability-35103292>



Don't Touch My Wheelchair Without My Consent –

Edited from 'Blog' by NA Le Bron first published on themighty.com

We are all familiar with the concept of bodily autonomy, or we should be. Most people are aware of the idea when it comes to sexual consent. You don't get to touch another person's body without permission. But do we talk about consent and bodily autonomy when it comes to wheelchair users?

I choose to use a manual self-propelled wheelchair, to try and

keep some muscle tone in my upper body so when I use my walking sticks rather than my chair I can get around more easily. I enter a shop and manage to hit slightly the wrong angle. One woman asks me if she can help me and I politely decline, saying I just need to reverse and re-position my angle. Enter her mother, who just pushes me in. She wrenches my hands from my larger wheels, causes my right shoulder to go into subluxation, and then when I don't thank her, mutters that I could at least be grateful.

Variations of this scene play out regularly. People often see the chair before they see us. They see the disability before the ability and may assume we'll be grateful for any and all assistance. I genuinely am grateful when I've asked for that assistance, when had earlier asked for someone to get me an item from the chest freezer in another shop, which I couldn't reach. But to assume I need help and lay hands on my chair is another thing. I was already dealing with high pain and a bad night's sleep so when this woman muttered that I "could have said thanks," I turned around and unleashed something along the lines of 'I had already turned down another offer of help and was in the process of re-positioning my chair when you came along and pushed me into the shop without my permission. In doing so you've caused me more pain than I was already in. I don't allow people I don't know, who haven't been trained, to push my chair due to the nature of my condition.'

Our chairs, even if we use them part-time, are an extension of us. Without them we have less independence, less freedom. If you knock them or handle them wrongly, you risk hurting us, and ultimately putting us in dangerous situations. We need to respect that people with disabilities have the right to decide who touches their bodies, and their mobility aids as well.

themighty.com/2017/11/touching-my-wheelchair-without-consent-violates-my-autonomy/?utm_source=Mighty_Page



Pensioner 'Stressed' Over Fines For Allegedly Not Paying For Parking Despite Evidence She Has Paid

Edited from Metro.co.uk August 2022

A blue badge holder has been left 'stressed' after receiving continuous fines over parking tickets she had paid for. Mary Scott, 86, is a regular user of the car park at Rutherglen Exchange Shopping Centre in Glasgow, Scotland. The pensioner said she'd pay up if she needed to but insists she has paid for every ticket after the first fine and has kept them as proof. Despite this, she said the letters keep coming.

'A few months ago I received a letter saying I hadn't paid for one of the visits and I paid up – I thought that they were right and I

hadn't. But they keep coming in – I've had seven letters now, all saying that I'm not paying for these tickets. Luckily I've been keeping the tickets since then so I can prove that I had paid for a ticket. It's a nonsense. I'm in there regularly – why would I avoid paying 50p and risk having to pay a £60 fine? I tried to speak to someone at the shopping centre about it but was told the manager there wouldn't be able to deal with parking tickets.'

She said her son Peter has helped her get some of the fines written off using the evidence she has kept.. But once one fine was cancelled and she received another the next day for a different date. 'It's a stress and I'm fed up with it,' Mary added. 'I look after my husband and this is something I could do without. There was one time recently where I had a letter one day saying they had dropped the case after we had been in touch with them, and the next day another one arrived saying I owed them money again.'

Mary is not the only person affected by apparently incorrect parking fines, with many locals complaining to the shopping centre and getting their cases dropped. Rutherglen MSP Clare Haughey previously said she was regularly hearing from constituents who had contacted her after experiencing trouble with fines at the car park. *Metro.co.uk has contacted Rutherglen Exchange Shopping Centre for comment.*



Lewis Capaldi Reveals Tourette's Diagnosis

The Someone You Loved singer is making a surprise return to the music scene following a three-year absence. Fans around the world this week were treated to the sights of massive billboards featuring a half-naked Capaldi striking a compromising pose in his underwear. It wasn't just for laughs though as the musician is set to release his new single later this week.

As he prepares his return to the spotlight, Capaldi, 25, has decided to share his recent diagnosis of Tourette's, a condition that causes a person to make involuntary sounds and movements called tics. 'I have been diagnosed with Tourette's,' he stated.

'I wanted to speak about it because I didn't want people to think I was taking cocaine or something.' Speaking during an Instagram Live, he added: 'My shoulder twitches when I am excited, happy, nervous or stressed. It is something I am living with. It is not as bad as it looks.' Capaldi later explained that he hasn't 'really learnt much about it' as it's a 'new thing' to him. However, he did reveal: 'I got Botox in my shoulder to stop it moving but I'm learning new ways to cope all the time. 'Some days it's more painful than others, sometimes it's quite uncomfortable but I guess that's it.'

The Hold Me While You Wait hitmaker has also wondered about his health over the last few years, and admitted that the diagnosis

put everything into perspective. 'When they told me, "We think you've got Tourette's", I was like, "Do you know what, that makes so much sense",' he told fans. When I look back at my interviews from 2018 I can see that I'm doing it. It comes and goes. Sometimes I can go months without doing it. I thought I had some horrible degenerative disease so I'll take Tourette's.'

<https://metro.co.uk/2022/09/07/lewis-capaldi-reveals-tourettes-diagnosis-to-avoid-drug-abuse-rumours-17314562/>



Reflections of a 'Chair Man' – *Edited from Richard's Book*
Richard, a former member of SCAN and a regular contributor to SCAN's early newsletters, sustained a severe brain injury in a motorcycle accident.

Richard felt that although people tried to relate to his situation, they often couldn't truly understand.

At the end of his 1988 book he wrote 'We all suffer in many ways, but the thing we've got to remember is we're not alone. We all share the same cause, to have as normal a life as possible, rejoice in each victorious step towards that end, no matter how small it is, whether it's being able to cope with going to the loo independently or tying one's shoelace with one hand.

I find that people round me almost get as much pleasure out of these accomplishments as I, knowing what it took to achieve them. Invariably it leads to comments like "I couldn't cope with that if that were me."

It makes able bodied people think about their own lives and how much effort they are putting into their own fulfilment. Suddenly things look different! We, the disabled, are setting the examples, being the leaders instead of the led, the pushers instead of the pushed. Surely that's enough to give us reason to smile!!



advice and support for older age
**Independent
Age**

Independent Age is a growing charity helping older people across the UK to live more independent, fulfilling lives.

We have been known as Independent Age since 2005, but have a history stretching well beyond that to 1863, when the United Kingdom Beneficent Association (UKBA) was established. UKBA was incorporated under the Royal Charter to become RUKBA, and later merged with two other charities, Counsel and Care and the Universal Beneficent Society (UBS). Today we are a modern charity, helping to build a better future for older people in the UK.

We provide free information and advice for older people and their families on care and support, money and benefits and health and mobility, along with friendship services to relieve loneliness. We also use the knowledge and insight gained from our frontline services to challenge poor care and campaign for a fair deal for older people – a reasonable standard of living, fair access to information and an opportunity to contribute to their communities.

Call our Helpline on freephone 0800 319 6789, Monday to Friday, 8:30am-6:30pm, closed weekends and bank holidays or email your query to advice@independentage.org. For more information please see our website www.independentage.org



Electric Wheelchair Users Need More Government Help

– Edited from ES Sept 2022

People with disabilities have told of their struggles over the cost-of-living crisis, with one woman unable to reduce her energy bills because her electric wheelchair is essential for her life. The Government have offered a range of payments to support those who are disabled with bills, however some have said more needs to be done.

Anastasia Tempest, who has cerebral palsy and is a freelance journalist and writer who lives in Yorkshire, said her electricity bills have rocketed to £5,000 because of the rising cost of living and her reliance on her electric wheelchair to get around. “I can’t afford to not charge the electric wheelchair because otherwise I’m not able to move,” she told the PA news agency. “I can’t push a manual wheelchair, so my electric wheelchair is the backbone to everything I do really, from movement, to posting a letter, to popping to the shop – the everyday stuff that people take for granted. “I have an electronic bed as well which helps me to transfer from the bed to my chair more easily, so I need to have electricity on all the time.”

In July, the Government announced all households in England, Scotland and Wales would receive £400 to help with rising fuel bills this autumn. However, Ms Tempest said she has yet to receive the payment and if she did, it would fail to “touch the surface”. “The reality is that there is not a lot of support available at all, £400 will not make a difference to me,” she said. “[The Government] is not doing enough and there are plenty of people with disabilities who are not in a position to work. “They could increase benefits, universal credit, employment and support allowance could be increased. It doesn’t go very far at all.”

A Department for Work and Pensions spokesperson said: “We know that living with a long-term illness or disability can impact on living costs, which is why we are supporting six million disabled people with an extra £150 payment, landing in bank accounts from

September 20. "This is part of the £37 billion package of support, which will see eight million low-income households receiving at least £1,200 of direct payments this year. We urge people to check they are getting all the help to which they are entitled."



Disability Rights UK (DRUK)



Disability Rights UK Helplines

Our helplines are operating as normal:

Personal Budgets Helpline

Opening hours: 9.30am-1.30pm on Tuesdays and Thursdays

Telephone: 0330 995 0404

personalbudgets@disabilityrightsuk.org

Disabled Students Helpline

Opening hours: 11am-1pm on Tuesdays and Thursdays

Telephone: 0330 995 0414 students@disabilityrightsuk.org

Welfare Rights Helpline for Member Organisations

Opening hours: 10.30am-12.30pm Tuesdays and Thursdays

Telephone: 0203 687 0779 ken.butler@disabilityrightsuk.org

PLEASE NOTE – *The news received from **Disability Rights (DRUK)** and the **Surrey Adult Social Care Information & Engagement Team** is now being distributed as enclosures with each monthly SCAN newsletter and will only be sent to an abridged mailing list.*

Please contact me if you wish to receive these enclosures by sending a text message (with your name and postal address) to 07859 639025. If your preference is for an electronic copy then please email me on info@spelthorneaccess.org.uk or use the 'Contact SCAN' form on www.spelthorneaccess.org.uk/



Disability Empowerment Network – North Surrey & Surrey Wide



Surrey Wide

Administration and management of the North Surrey Disability Empowerment Network (DEN) is arranged by the Surrey Coalition of Disabled People (SCDP) and

covers the areas of Runnymede, Spelthorne, Woking & Surrey Heath.

All Empowerment Meetings Continue To Be Held Via Zoom

North Surrey DEN meetings Monday 7th November 2022

Surrey Wide DEN meetings Monday 14th November

Please contact Yasmin Broome, Engagement Officer at Surrey Coalition email: Yasmin.Broome@surreycoalition.org.uk
Telephone or SMS text 0745 5267424 for details of how to participate in meetings remotely.



SCAN and Spelthorne Physical, Sensory & Cognitive Disabilities Forum (SPSCDF)



The meetings bring together service providers and users to influence the solutions to any problems or access issues encountered by people with physical, sensory and cognitive

disabilities. We receive reports from a number of local groups and service providers.

SCAN's AGM will be on **Friday 7th October 2022 starting at 3pm.** It is intended to be a hybrid meeting and the Goddard Meeting Room at the council offices Knowle Green will be available for anyone who wishes to attend 'in person'. A zoom session has also been arranged for those who are unable to attend 'in person'

The Worshipful Mayor of Spelthorne - Councillor Susan Doran and Consort John Doran, will be attending and The Right Honourable Kwasi Kwarteng MP has been invited to join us Via Zoom from his Constituency Office

To mark our 30th Anniversary, this year's AGM Guest Speakers will be former SCAN members and supporters who will be attending either 'in person' or virtually.

As in prior years, there will be a short refreshment break when the AGM has concluded and an abridged agenda for the **Spelthorne's Physical, Sensory & Cognitive Disability forum** will follow.

Organisations please send your news or reports to info@spelthorneaccess.org.uk or fill in the '**Contact SCAN**' form on our website pages at www.spelthorneaccess.org.uk/

Further details for Spelthorne's Physical, Sensory and Cognitive Disability forum are on SCAN's web site at

www.spelthorneaccess.org.uk/news/scan-news/spscd-forum/



30th Anniversary For SCAN

The ongoing review of the archive of our newsletters uncovered a number of new projects and campaigns that have more than made up for anything in the archive that couldn't be traced. But I will still cover any current news items – my Page 2 Editorial has meant

that some things planned have been postponed.

Space in each of the paper editions of the newsletters is naturally going to be limited, but we will be hoping trying to secure additional funding for a new newsletter project to run from April 2023. Our web site will be able to cover anything that could not be included in the printed newsletters.

Anyone who has a connection with disability is welcome to send me their comments on any of the articles published or to send me details of your own experiences. Either fill in the 'Contact SCAN' form on our web page www.spelthorneaccess.org.uk/ or email me at info@spelthorneaccess.org.uk



We're registered with **easyfundraising**, which means you can help us for FREE. Over 7,000 brands will donate to **Spelthorne Committee for Access Now** if you visit the **easyfundraising** to find your preferred

website to shop with them – at no extra cost to yourself! All you need to do is sign up and remember to use easyfundraising whenever you shop online.

It's easy and completely FREE! These donations really mount up, so please sign up to support us at www.easyfundraising.org.uk/causes/spelthorneaccessnow/?



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