

**S**pelthorne

**C**ommittee

**A**ccess

**N**ow



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**30th Anniversary Edition 4 - June 2022**



**Sponsors for Newsletters 2022-2023**



## **40<sup>th</sup> Anniversary of Parliamentary Advisory Council for Transport Safety (PACTS) – Safe Transport for All**

PACTS is a registered charity. It supports the All-Party Parliamentary Group for Transport Safety (APPG). Its charitable objective is *“To protect human life through the promotion of transport safety for the public benefit”*.

Its aim is to advise and inform members of the House of Commons and of the House of Lords on air, rail and road safety issues. It brings together safety professionals and legislators to identify research-based solutions to transport safety problems having regard to cost, effectiveness, achievability and acceptability.

Since the end of January PACTS has been ***Assessing The Safety Of Private E-Scooter Use In The UK***.

In parallel with the launch of public, regulated trials of e-scooters across England, private, and currently illegal, e-scooter use on our roads and in other public spaces has increased. While the government-approved e-scooter rental trials are intended to assess safety, there is little or no current measure of the impact of the safety of private e-scooter on riders and other road users.

PACTS has been awarded a grant by the Road Safety Trust to collect data relating to incidents involving these micro-mobility devices and to form recommendations for their construction and use. PACTS is working with partners from a broad spectrum of backgrounds and fields of expertise to:

- gather data of casualties involving e-scooters (riders and other road users) collected from the media, police forces and at least one major trauma centre, and publicly share it on this site;
- publish a report summarising our findings and recommendations for regulation of private e-scooters – construction and use; and,
- host a webinar to disseminate the findings.

If e-scooter use on roads and in other public places is to be legalised, PACTS wants that legislation to include evidence-based safety measures to protect the riders and other road users. With those collaborating on this project, we are committed to taking a robust, balanced and objective approach to this new mode of transport.

### **E-Scooter Casualty Data**

PACTS is recording key information about e-scooter incidents for the year 2021 and making it publicly accessible.

<https://www.pacts.org.uk/assessing-the-safety-of-private-e-scooter-use-in-the-uk-pacts-research/>



## **Guide Dogs Study Reveals Data on E-Scooter Collisions**

The results of the first ever crash testing of e-scooters in the UK show that an e-scooter colliding with a pedestrian at 15.5mph could cause fatal injury. The independent study by leading crash test provider UTAC, commissioned by Guide Dogs, found that the initial impact could cause moderate injury such as lacerations, or major bruising. However, if the pedestrian was to hit their head on the floor as a result of the collision, the injuries sustained are highly likely to be fatal.

Research by OnePoll, commissioned by Guide Dogs, found that a third (33 per cent) of people reported negative experiences with an e-scooter, and that number almost doubles (64 per cent) when it comes to people with a visual impairment. This is cause for concern as more and more e-scooters are likely to be headed for our streets.

The OnePoll research revealed that the average speed private e-scooter riders admitted to regularly driving is over 16mph, with nearly a third (31 per cent) admitting to hitting top speeds of higher than 21mph. Less than half (47 per cent) of people know it is illegal to ride a privately owned e-scooter on public land. However, nearly three-quarters (71 per cent) of those who ride privately owned e-scooters do so despite knowing it is illegal.

Chris Theobald, Senior Policy, Public Affairs and Campaigns Manager at Guide Dogs, said: *“The trials of e-scooter hire schemes have sparked a boom in private sales. We are urging the Government to work with the police to tackle illegal riding and make the public more aware of the law. If the Government is seriously considering fully legalising e-scooters on public roads, they need to get a grip on safety, Our testing shows that everybody is at risk, not just people with visual impairments. Any legislation to legalise e-scooters has to fully address speeds, weights, sound, and critically, keep e-scooters off the pavement where they can do significant harm.”*

<https://www.guidedogs.org.uk/news/study-reveals-danger-of-an-escooter-collision/>



## **Celebrating The History Of Talking Books –**

*Edited from [www.rnib.org.uk](http://www.rnib.org.uk)*

Captain Ian Fraser lost his sight at the Battle of the Somme in July 1916, after being shot through the eyes by a German sniper. A single gunshot had robbed him of one of his greatest passions: reading. He worked hard to learn braille at St. Dunstan's, a hostel built to help blinded veterans. One day, frustrated at how slowly he could read, he cried out, "If books could only talk!" It was while listening to a gramophone at St. Dunstan's that he was inspired to record an entire "Talking Book".

## **RNIB studio**

RNIB set up its own recording studio in London in 1934. Fraser's team successfully made records that could play for 25 minutes per side. RNIB blazed a trail in audio innovation.

## **The Very First RNIB Talking Books**

The first Talking Books went out to readers on 7 November 1935. Books like Agatha Christie's *The Murder of Roger Ackroyd* were shipped in sturdy containers for free and returned at a special reduced postal rate. The average novel would fit onto 10 discs. The entire Bible could be recorded. People listened to these records on specially designed turntables that played at three different speeds.

## **From Gramophone Records To Tape**

RNIB made the move from gramophone records to tape in 1960. The new tape format proved significant as membership skyrocketed in the next few years, with many new members experiencing Talking Books for the very first time.

## **From Tape To DAISY CD**

The DAISY Consortium was formed in May 1996 by talking book libraries to lead the worldwide transition from analogue to Digital Talking Books. DAISY stands for Digital Accessible Information System. It is a technical standard for digital audiobooks. Structured MP3 audio with text and graphics to allow readers to navigate through the book.

In 2002 RNIB sent out its first books on DAISY CD. With books typically being on one CD and the DAISY players being able to save your place in the book, this was a revolutionary leap forward in terms of user experience.

## **New Options**

In 2014, as a result of customer demand RNIB Talking Books began to be offered on memory stick, as well as on DAISY CD. With inexpensive USB players on the market, this option proved popular with new members of the library. We launched RNIB Overdrive, a digital download service which provided access to more than 20,000 titles directly to a smartphone or tablet.

In 2015 to celebrate 80 years of the Talking Book service, RNIB made the service free. This led to a dramatic growth in new customers. RNIB replaced Overdrive with a new Reading Services platform in 2020 which offers high-quality DAISY audiobooks (and eBraille) for download.

RNIB Talking Books were made available through Alexa-enabled devices in 2021. Today, Talking Books reaches tens of thousands of blind and partially sighted people. And it all started in 1935 when RNIB began providing books to war-blinded soldiers.



**Former SCAN Member Darren Swift (Swifty)** - Edited from BLESMA Website - <https://blesma.org/> "I was working with the Army Dog Unit and was feeding my dog Troy when two members of the IRA threw a coffee jar bomb at me. I was blown to the floor. I felt shocked – like I'd been cuffed around the head. But, weirdly, I wasn't in any pain". Swifty is now using his incredible story to inspire and motivate others in a new project, '**Making Generation R' (MGR)** devised by Blesma where injured service personnel are delivering talks to schools about overcoming adversity. 'Swifty' has recently said '*MGR has been massively successful and continues to be, with bookings every week for schools and colleges. We've had return visits to just about all the schools and the feedback we get is phenomenal*'.

In 2016 Darren was starring in a revival of Chip Hardy's 'Blue on Blue' and was interviewed by Daisy Bowie-Sell for 'What's on Stage' [www.whatsonstage.com/london-theatre/news/darren-swift-acting-and-military-blue-on-blue\\_40269.html](http://www.whatsonstage.com/london-theatre/news/darren-swift-acting-and-military-blue-on-blue_40269.html) - Extracts of the 2016 interview have been edited for SCAN's newsletter and mixed with email correspondence between Darren and 'the Editor' "It was my choice to discharge from the army. I did some travelling and I fell into film and TV extra work. In those days people with disabilities weren't widely seen in that arena. I started with some horror and war films... I had to scream a lot and then die... but then I was extremely fortunate to get a part in a play at the National Theatre called **Travelling Light**. I played someone whose legs had been sawn off in an accident.

I then joined the company of '**The Two Worlds of Charlie F**' touring a play, written by Owen Sheers, and based upon the experiences of wounded and injured service personnel from Afghanistan, which played in the West End and on a big tour.....



I get typecast, I'm quite happy with that. I can appear to be able-bodied as long as there's not too much movement involved. I have leg prosthetics. But I am a double amputee. It's blatantly obvious that I am, so that's what I'm happy with. The industry - TV and film as well - is getting much

better at casting people with disabilities. Certainly at places like the National Theatre.

The biggest disability issues I've faced is Access within backstage areas at Theatres. Some of the old ones are lovely to work in and they are fantastic places but there's access issues if you're using a wheelchair or you've got a mobility issue. But I do understand some of the old theatres can't be touched because they are listed buildings.

The Richmond Theatre was one where the backstage was so small that myself and two other cast members had to take our

*wheelchairs apart and negotiate two flights of stairs to move across backstage from stage left to stage right.*

*Finding suitable accommodation is also a bind so I generally go for a Premier Inn or a Travelodge as the 'Digs' used by the others are not accessible or suitable. I prefer to travel independently and drive as much as I can for convenience, I have a Motability car with hand controls. I try to avoid public transport as I find it inconvenient and unreliable.*

Darren also takes part in 'casualty simulations' to teach military and emergency service personnel how to respond in critical situations. [www.darrenswift.co.uk](http://www.darrenswift.co.uk)



**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](http://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 a microphone slightly in frame which indicates that an interview is being conducted and they are being recorded.

**TV Ad 3 - 'Rubbish'** There are three animated characters talking to camera. The first is Spud who is sitting in an electric wheelchair by a pot plant. (Spud): "*... that many people say 'oh you're in a wheelchair - you're rubbish. You can't do anything.' A lot of it is ignorance.*"



The next character Peg, is in a self propelled wheelchair, on a pavement. (Peg): "*People have assumed that wheels mean, nothing up here in the brain you know.*"

The final character is Flash again, from the first commercial, who is outside his house, "*Because we're in a wheelchair it doesn't mean to say we're not capable of thinking. Now let's get things put right. Not just for disabled, for everybody. So we can all work in harmony*"



together."

**Spud** is voiced by John who lived in Chesterfield with his wife, and had two daughters and four grandchildren. He was diagnosed with multiple sclerosis in 1986 and now needs to use a wheelchair to get around. John enjoys the theatre, but sometimes finds the smallest things a bit of a performance. *"With the lack of disabled toilets, I've been in more ladies toilets than anywhere else. When you're stuck without a disabled toilet, it's the next best option really"*. John is very determined to get things done in life:

**Peg** is voiced by Sheila who lived in Cardiff, and frequently battled with the parking there. *"The thing that gets me is when you find that an able bodied person has parked in the only parking space. At the local theatre, there is just one parking space for a disabled person reflecting the small number of disabled seats in the theatre - just three. This parking space is often occupied by either a large bus or by an able bodied person. It's very annoying"*.

**Future ads feature; Tim - Tortoise, Millie – Mouse and Roxy - Rabbit, Callum - Chameleon, Ozzy - Owl, Cath - Cat and Sonny - Shrimp.**



## 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](http://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](http://www.spelthorne.gov.uk/boccia)



## Staines Shopmobility

*making staines accessible*

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

*The service will be available Tuesday 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.*

[stainesshopmo@btconnect.com](mailto:stainesshopmo@btconnect.com)

[www.stainesshopmobility.com](http://www.stainesshopmobility.com)

[www.facebook.com/stainesshopmobility](https://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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## **Diana O'Hara – A Founder Member of SCAN**



*Edited from 'Remembering Diana' by former Chair of SCAN, Wyn Pockett*

Diana was one of the people who felt it important to set up an organisation in Spelthorne to campaign for improvement to access and facilities for disabled people.

She believed it was important for people with disabilities to speak up about what was needed to help them to participate in work, leisure and other activities; to use their own experience of what the obstructions and difficulties are, and how they can be overcome, by giving advice to those



responsible for service development. She had the ability and confidence to do this not everybody can. Her attitude to disability was , it is not the disability that is the problem but the obstruction, and the attitude of some regarding the abilities and needs of disabled people.

**Spelride and Staines Shopmobility** were two of the services that she helped to develop. She was involved in the steering groups to set them up and continued as a Trustee of Shopmobility. During the development of Shopmobility Diana was often unwell but despite this she was fully involved, finding the energy to travel to visit other projects with Elizabeth Berrisford, who was Chair of the steering group and later first Chair of SCAN and she and Diana went together to learn about how the services were run in other towns.

Many will remember her as a very charming Mayoress when her husband Cllr John O'Hara was Mayor of Spelthorne. To those who met her in this role she was always smiling and interested in what was going on with all voluntary organisations.

*Photographer for Mayor and Mrs O'Hara was Vic Kettle. Both Photos donated for publication by John O'Hara*



using gardening to change lives

## Creating A Wellbeing Space In Your Garden – Edited from

<https://www.thrive.org.uk/how-we-help/gardening-advice/gardening-tips>

Research shows that spending time in your garden is likely to improve your wellbeing. This article gives advice for how you can design your garden to make the most of the mental health benefits it can provide.

Written By Thrive Trustee And Garden Designer Richard Rogers. *Gardens can be designed to enhance the positive effect they have on our wellbeing, and here I give some of my tips for creating a wellbeing space within your own garden.*

### **Find out what you love**

*Although there are several things that I suggest here you might incorporate into your garden, we are all different and have different things which help us bring our own sense of peace and inner harmony. Water is a good example. One person's 'bubbling stream' can be another person's leaky pipe! So spend some time reflecting on what would be your perfect sanctuary space.*

**Activity:** *Find a place where you can relax and close your eyes. Bring to mind the most beautiful garden you can imagine. This*

could be a garden you actually know, or it can be a completely imaginary place. Spend some time there looking around and enjoying the sights, scents and sounds as they are revealed to you. Then gently come back to the room and make a few notes or sketches of what you saw.

### **Create a feeling of 'being away'**

Researchers have shown that one of the factors that contribute to the healing effect of a garden is the feeling of 'being away' or being transported to somewhere else.

### **Comfortable seating**

As this is a space where you will naturally want to rest and be still, you are probably going to want some sort of seating. Make this as comfortable for you as possible. You may want a seat with a back to lean against or cushions to sit on that you can access easily.

Also think about what times of day you are likely to want to be in the space and where the sun is at those time. You may prefer a shady spot or to be there to greet the morning sun as it rises.

For more on some of the theory behind what makes gardens beneficial to our health you can read more on my website

<https://www.richardrogersdesigns.com/how-to-design-gardens-for-health-and-wellbeing/>



## **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**

Sunday 19<sup>th</sup> June 2022 11am - 12pm

Sunday 10<sup>th</sup> July 2022 11am - 12pm

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

### **Forthcoming Dementia Friendly Tour Dates**

Wednesday 29<sup>th</sup> June 2022 11am - 12pm

Wednesday 13<sup>th</sup> July 2022 11am - 12pm

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

### **Forthcoming Sensory Tour Dates**

Sunday 19<sup>th</sup> June 2022 2pm – 3pm

Sunday 10<sup>th</sup> July 2022 2pm – 3pm

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

*This tour has been created in partnership with VISOR Richmond and Richmond Talking Newspaper*

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](mailto:discovery@kew.org) or Telephone 07341 114533.



## **Wheelchair-Accessible Boat Launched On Lancashire**

**Reservoir** - Edited from *Evening Standard* and *The WheelyBoat Trust* – April 2022



Lancashire Outdoor Activities Initiative (LOAI) and national charity The Wheelyboat Trust joined forces to fund, build and provide the new vessel.

Andy Beadsley, director of The Wheelyboat Trust said:

“Wheelyboats are a lifeline for anyone with a disability, as each boat removes the barriers and enables disabled people to participate alongside and on equal terms with their able-bodied counterparts. All too often people with disabilities are restricted in the activities they can take part in due to lack of accessible facilities and equipment, which is something we are striving to change.”

The Wheelyboat Trust are a registered charity (No. 292216) dedicated to providing mobility, learning and sensory impaired people of all ages with independent access to activities such as powerboating, nature watching, pleasure boating and angling in our uniquely designed wheelchair-accessible Wheelyboats.

We have supplied 220 Wheelyboats to projects on inshore waters, lochs, lakes, reservoirs, rivers and canals all over the UK. As far as we know there is no other charity designing, building, funding and supplying this type of craft anywhere in Europe.

<https://www.wheelyboats.org/>



**You Don't Look Sick:** ‘People Forget That I Am Visually Impaired’ - Edited from <https://metro.co.uk>

In 2019 there were 13.9 million disabled people in the UK – and many of them have an invisible illness. When you look at someone with a hidden condition, you would have no idea they are ill, but they suffer debilitating symptoms and can face judgement for using disabled facilities because they ‘don't look sick’.

You Don't Look Sick was Metro's weekly series about living with an invisible illness or hidden disability. They have spoken about living with their condition and the judgements they face because you can't always see that something is wrong

Kelly Ephgrave, 38, from Fife, Scotland, has an eye condition called juvenile macular degeneration, which has led to sight loss. Macular degeneration means that the macula, at the back of the eye starts to breakdown. Affecting over 1.5 million people, it is the biggest cause of blindness in the UK.

Kelly's condition is an inherited genetic form, rather than the more common age-related version. She was diagnosed when she was tested aged eight because her mum and grandmother had the same condition. Kelly's sight loss has slowly got worse and she was registered as partially sighted in 2016. Kelly tells Metro.co.uk: *'It had no impact on me when I was younger, as I just didn't understand.'*

The condition has forced her to give up jobs she loves, including as an air stewardess and as a dental nurse, and now has a big impact on her life. *'When I make my morning cup of tea, I over or under fill the cup, In the shower, it's hard to know what products to use because distinguishing between the bottles can be difficult. I've had to cut back on cooking so much as it's difficult and I have to rely more on pre-prepared things like chopped veggies.'*

Although being partially sighted means simple tasks are much more difficult, Kelly feels that because she doesn't use aids to help, people don't recognise that she is disabled. She says: *'I've been asked on the train why I have a pass for someone who is visually impaired as "I look ok". Personally I find that sometimes it can make me anxious as I think that others think that I come across rude as I don't see them in the street or passing in their cars.'*

Kelly uses technology to help, which has meant she has been able to continue with her psychology degree with the Open University. *'My family are a huge support and there are a number of groups on social media of other people who have the same or similar conditions. In these groups everyone shares different hacks of making day to day life easier. I plan my routes in advance and if I am going somewhere different I will research it beforehand, for example if I'm going to a restaurant, I look at the menus before I go.'*

As Kelly's condition is genetic, she knew that there was a 50/50 possibility that any of her children could have the condition. Her three sons were all tested when they were younger. Her oldest and youngest sons have both diagnosed with the condition.

*'People who have an invisible illness should not be ashamed or*

*embarrassed to tell others of their illness and be confident enough to ask for help when it's needed.'*

Kelly is also supported by the Macular Society. You can find out more information online or call them on 0300 3030 111.

<https://metro.co.uk/2019/07/07/you-dont-look-sick-people-forget-that-i-am-visually-impaired-10125368/>



## 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](mailto:personalbudgets@disabilityrightsuk.org)

### Disabled Students Helpline

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

Telephone: 0330 995 0414 [students@disabilityrightsuk.org](mailto: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](mailto:ken.butler@disabilityrightsuk.org)

**PLEASE NOTE** – *The amount of relevant news being received from **Disability Rights (DRUK)** and the **Surrey Adult Social Care Information & Engagement Team** has become too extensive to continue to include all of it as part of the main SCAN newsletters and will now be distributed as separate documents that will be enclosed with each monthly SCAN newsletter and will only be sent to an abridged mailing list. If you are interested in reading the news in a paper copy of these bulletins and have not received copies, please contact me by sending a text message (with your name and postal address) to 07859 639025 (Please Note our New Number). If your preference is for an electronic copy then please either email me on [info@spelthorneaccess.org.uk](mailto:info@spelthorneaccess.org.uk) or use the 'Contact SCAN' form on our website pages at [www.spelthorneaccess.org.uk/](http://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 5<sup>th</sup> September 2022 - 1pm

Surrey Wide DEN meetings Monday 12<sup>th</sup> September 2022 - 6pm

Please contact Yasmin Broome, Engagement Officer at Surrey Coalition email: [Yasmin.Broome@surreycoalition.org.uk](mailto: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.

Send your news or reports to [info@spelthorneaccess.org.uk](mailto:info@spelthorneaccess.org.uk) or fill in the 'Contact SCAN' form on our website pages at [www.spelthorneaccess.org.uk/](http://www.spelthorneaccess.org.uk/) Our next meeting has yet to be arranged but is expected to be in July.

***It's our Anniversary Year, and we hope that some of SCAN's former members, will be able to 'drop in' to introduce themselves at some of our future meetings. Please contact us for details.***

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/](http://www.spelthorneaccess.org.uk/news/scan-news/spscd-forum/)



**A Blind Man's View – Of Lamp Posts** – Bill Guest (with more than a little help from Mac) **Editor's Notes-** Bill wrote this article in 1994. The situation that Bill describes here, is one that could just as easily happen to anyone, anywhere. I have edited out the specific locations that he included in his original article.

Incidentally, after he'd retired, Mac lived until he was 15. A Guide Dog's training would have taken approximately 2 years (pre pandemic). Then once partnered, the 'pair' can stay together for up to 9 or 10 years. Over to you Bill;

*In this occasional series of articles, I intend taking a light-hearted look at my local streets, through the eyes of a blind person and his faithful guide dog, Mac.*

*I do not intend to be too serious but if, in my ramblings, I do point out topographical features that are not quite as they seem, all well and good.*

*Let us please Mac by discussing lamp posts! I cannot criticise the quality of the light shed by these monoliths - I'm sure that it is excellent. Nor does Mac turn up his nose at the quality of construction. No, it is the siting of these beasts that intrigues me.*

*As we traverse the footpath, I cannot help musing on the origin of the positioning of the lamp posts. I imagine a day, far back in the mists of time when a great bird flapped its way lazily towards its nesting site. The great bird had been scavenging and had collected some rather tasty seeds. However, it had been somewhat greedy and had over-filled its beak. Consequently, seeds dropped at random. Some fell in the roadway and were crushed by the traffic, but others fell on the pavements where in the fullness of time they grew into fine young lamp posts, some on the inside, some in the middle and some, where they should be, by the kerb.*

*I also muse that, some years ago, just prior to the evolution of the notorious road humps, it was decided that the lighting needed to be upgraded by taller and brighter lamps. Sadly the newer and better lamps were placed right beside the existing ones, which were eventually unceremoniously cut down and carted away but the problem of random distribution remains for ever more.*

*Ah well such is life! I suppose that, thinking positively they do keep Mac's guiding skills up to scratch as well as permitting him a crafty sniff as we zoom and weave our way along the pavement!!*



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## 30<sup>th</sup> Anniversary For SCAN

The review of the archive of newsletters has uncovered a number of new projects and campaigns that have more than made up for anything in the archive that couldn't be traced. Space in each of the paper editions of the newsletters is naturally going to be limited, but we will be trying to secure additional funding for a new newsletter project to run from April 2023. Our web site will probably 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/](http://www.spelthorneaccess.org.uk/) or email me at [info@spelthorneaccess.org.uk](mailto:info@spelthorneaccess.org.uk)



### **Reflections of a 'Chair Man'** – *Extracted 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 in 1983. Like many brain injury survivors, Richard felt that although people tried to relate to his situation, they often couldn't truly understand. Further extracts from Richard's book and articles that he 'wrote' for SCAN's newsletters should be available in future newsletters.

*At the end of his 1988 book he wrote 'After five years I've come to the following conclusion - people like myself in similar circumstances can have satisfying and full lives and have fun, using the following philosophy: make the most of what's available, physically and materially. Don't lament what's been lost, that's history, be brave and honest with yourself. Never accept things as they are, devote all your resources towards improvement, and having a laugh! Not necessarily in that order. If you can laugh at yourself and encourage others to join in and retain your dignity, I reckon you've cracked it.'*



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