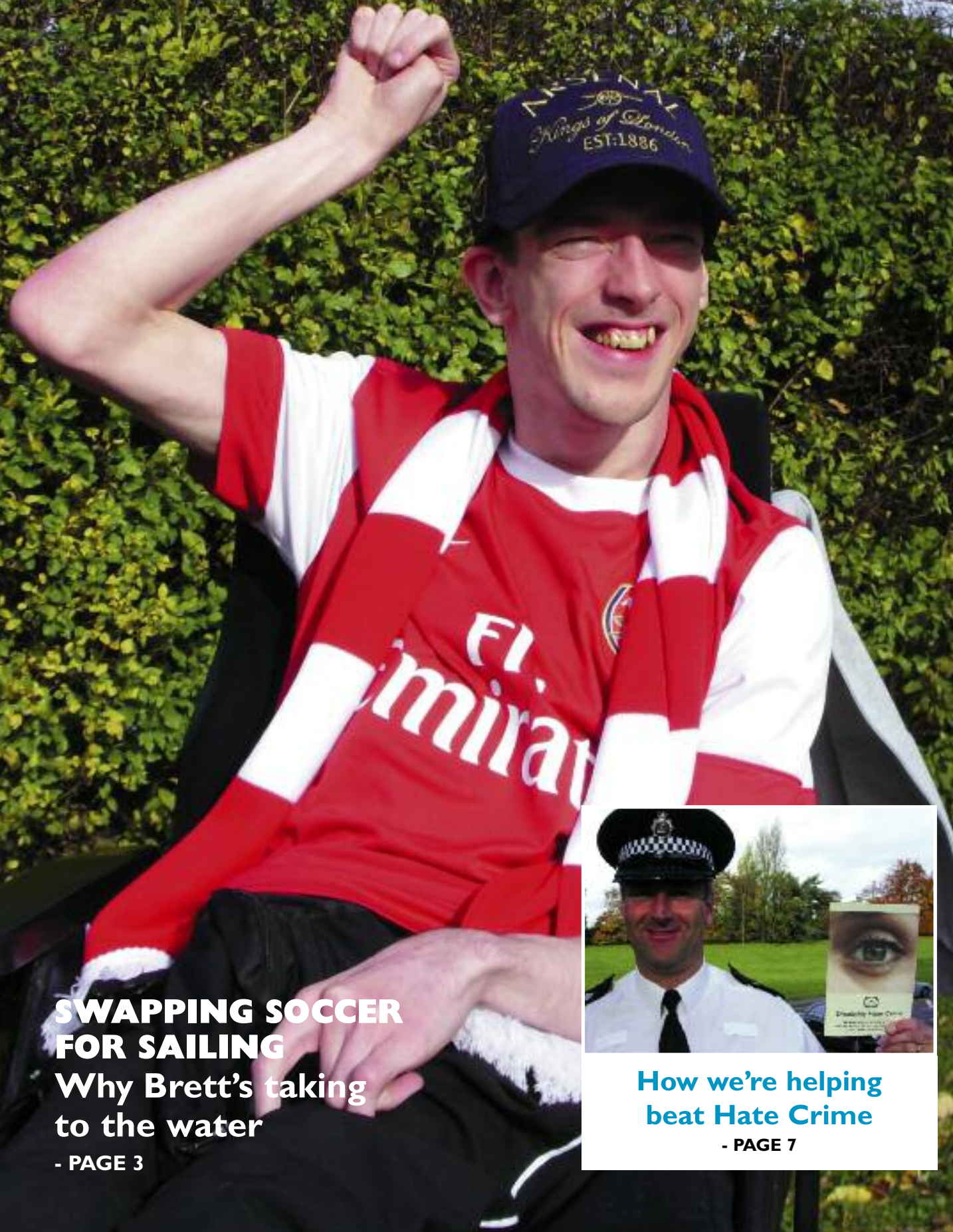


# had Happenings

[www.hadnet.org.uk](http://www.hadnet.org.uk)

Issue 26 Winter/Spring 2011

News and information from Hertfordshire Action on Disability



**SWAPPING SOCCER  
FOR SAILING**  
Why Brett's taking  
to the water

- PAGE 3



**How we're helping  
beat Hate Crime**

- PAGE 7

# How happy are we? Just ask Brett

**One moment the government is announcing massive cuts to public spending and the next David Cameron is asking the British public how happy are we?**

As Happenings went to press the Tories announced that they are launching a wellbeing test to gauge the mood of the nation. They plan to devise a jolly little questionnaire for us all to answer.

Well maybe I'm missing something here, or maybe I'm just a grumpy old man but as far as

HAD is concerned the proposed cuts don't leave us with a smile on our face – far from it.

And as far as filling in a 'happiness questionnaire' I'd hazard a guess that most of us have got too much on our plate to give it a second thought.

If you want to gauge what true happiness is just spend a few minutes with Brett Waterman.

Brett has worked as a volunteer with HAD for the past five years and, along with supporting Arsenal, he reckons HAD is just

about the most important thing in his life.

Brett's had cerebral palsy since birth and has spent all his life in a wheelchair. But at the moment he's as happy as Larry. That's because, along with his job, he's got plenty to live for.

You can read about his latest adventure, a week long sailing trip around the Canary Islands, opposite. You could also consider sponsoring Brett. Every penny raised over the £3,500 needed to make the trip, will go to HAD. Now that really will make Brett smile!

Another way you can support us is by joining our new membership scheme. For £5 a month you can help us maintain and improve our core services to older and disabled people – **disability equipment, transport, driving assessments/lessons and therapies.**

Brett isn't the only inspiring person featured in this issue. Elsewhere you can read about HAD Director Martin Randall who fell out of a tree as a child and has spent more than 50 years in a wheelchair. Mind you that hasn't stopped him living a full and busy life.

You can also catch up on our fundraising activities which have recently included a classic car show in Harpenden and the annual HAD golf day. These events raised a total of £5,500. Thanks to Harpenden Village Rotarians and all the golfers respectively.

**PAUL BISHOP  
EDITOR**



**MILES BETTER:** Joanne Borg (left) and Lorraine Bonnici (right) with Equipment Centre Manager Chris Bellia

## Never mind the distance feel the quality

It seems some people don't mind travelling quite a distance to visit HAD's Equipment Centre.

In November the Centre welcomed two Occupational Therapists from Malta.

Joanne Borg and Lorraine Bonnici spent two days looking at how we do things and were impressed with the set-up here: "This place is brilliant with excellent services," said Lorraine. The visit was organised by Assist UK

and the Maltese National Commission for People with Disabilities with a view to HAD helping set up an Independent Living Centre in Malta.

Little Lily Illott visited Centre Manager Jonathan Hill a couple of weeks earlier. Lily is four and travelled with Mum Jo from Oxfordshire to sample some bath seats. Lily, who has Spinal Muscular Atrophy, was a real charmer and captivated staff and visitors alike.

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# We are sailing!



**Brett Waterman gets ready for his once in a lifetime trip round the Canary Islands with Sheila Parminter (left) and Linda Cudmore. Inset: The 42-metre long Lord Nelson and Brett with Arsenal hero Alan Smith**



**Brett Waterman loves life. Brett, 28, loves his job with HAD, where he has worked for five years. He also loves football and Arsenal FC in particular.**

Now Hatfield-based Brett, who has cerebral palsy and has spent all his life in a wheelchair, has another love - sailing. He is soon to embark on a week long trip around the Canary Islands - on Valentine's Day 2011!

But first Brett, together with carer Sheila Parminter and 'buddy' Linda Cudmore, needs to raise £3,500 to pay for his holiday of a lifetime. They have already raised £1800.

"The trip, organised through the Jubilee Sailing Trust, will help create independence and self-belief for Brett," said Linda, HAD's Business Development Manager. "We'll be sailing on the Trust's 42-metre long Lord Nelson accessible tall ship and it

promises to be a fantastic experience for Brett," Linda continued.

Sheila, formerly Brett's carer, has known him for more than ten years. "I always used to promise Brett that one day he'd have a special holiday and that I'd go with him - now his dream is going to come true," she explained.

Although Sheila and Linda admit they are very much landlubbers, both are determined to make this trip of a lifetime happen. "Although I'm scared of water, the dark and heights I'm not scared of raising the necessary money," Linda explained.

Sheila's no sailor either. "I'm petrified, but I can cook, so I'll make myself useful below deck," she said.

"Since working for HAD my life has just got better and better," Brett said. "I haven't had a proper holiday for more than 10 years. Now I've the chance of going on a trip of a lifetime."

Football fan Brett has been to several Arsenal home games this season, thanks to HAD's accessible transport service. His latest visit was to the game against local rivals Tottenham Hotspurs, where he met former Gunners' legend Alan Smith, who is sponsoring Brett.

Both Linda and Sheila are busy raising funds to pay for the trip with any extra money going to HAD. "The money will help the charity continue providing vital services to older and disabled people," Brett said. "If it wasn't for HAD I wouldn't have a job or the opportunity of watching Arsenal!"

If you would like to help make Brett's sailing dream come true you can obtain a sponsorship form from HAD's Woodside Centre HQ or call 01707 324581 and we'll mail one to you. You can also sponsor him at [www.everydayhero.co.uk/brett\\_loves\\_sailing](http://www.everydayhero.co.uk/brett_loves_sailing)

## 'Ivanhoe' visits classic event in Harpenden

**HAD's very own classic vehicle, our Mobile Equipment lorry – Ivanhoe, was in good company on July 28.**

The former railway maintenance lorry joined forces with a 1900 Daimler, a 1925 Lancia Lombarda, several 1920s Bentleys and over 1200 other classic cars and motorcycles at Harpenden Common.

The reason? HAD was a beneficiary of the seventeenth Classics on the Common event, organised annually by Harpenden Village Rotary Club.

And Ivanhoe Driver/Assistant Paul Robinson couldn't resist getting behind the wheel of his own personal favourite – a plum coloured Corvette.

"I was standing by the entrance and saw the car arrive," Paul explained. "When the photographer asked if he could take my photo I insisted it had to be by the Corvette.

"I started talking to the owner and he let me sit in the car. It was great and the bucket seats were really comfortable."

The event was a great success all round. More than 10,000 people attended and £3,000 was raised for HAD.

# PAUL'S A JOY RAC



**IN THE DRIVING SEAT:**  
break from 'Ivanhoe' in h

## Music and make-up - what a beautiful com



**Our annual midsummer mix of jazz, picnics and fundraising once again attracted bumper crowds to HAD Director Edna Stephens' Lemsford Village garden.**

The Jazz on the Island evening on June 19, starred perennial favourites Bob Thomas and the Thomcats, tastefully supported by Liqourice Allsax.

Edna's friend Jenny Blumsom held her 70th birthday party at the event and appropriately invited 70 guests to help her celebrate.

The evening hit the right note, raising £1700.  
● Edna, and more beautiful people, were pampered at a special Clarins fundraising evening at 13 Lemsford Village on November 10.

Guests were... and make-up ad... Amanda Beel an... Clarins' counter...

Lots of Cla... as well as compl... evening a season...

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A  
CER

Paul Robinson (left) enjoys a his favourite car - a Corvette

bination



re treated to skin care consultations  
vice from beauticians Kelly Mayhew,  
d Caroline Lancaster from the  
at John Lewis, WGC.  
rins' goody bags, Christmas gift ideas  
imentary food and wine gave the  
nal twist. A raffle helped raise £180.

## A breeze for father & son



## PERKS UNDER PA!

Despite wet and windy weather, the fourth annual HAD charity golf day raised £2,500 and plenty of laughs - especially for winning father and son duo Rod and Ricky Perks from the Perks & Co. team.

Held at Welwyn Garden City Golf Club on September 24, the event attracted over 40 golfers.

Most of the fun occurred away from the rather soggy course at the post-golf raffle, hosted by HAD Chairman Mike Bottomley, pictured inset, sporting a raffle prize golf hat. After the raffle, players enjoyed lunch and an auction.

"I'd like to thank everyone involved in what turned out to be a marvellous day," said Chairman of Fundraising, Paul Bishop. "This includes all the staff at the golf club who made us feel at home.

"We liked it so much we'll be back here next year on Friday September 23, 2011," he added.

### FULL RESULTS:

First: **Perks & Co.** (Rod Perks, Ricky Perks, John Vinten and Kevin Grenfell) 99 points. Second: **Property Search Group** (Simon Couzens, Russell Potter, Dave Griffiths, Nick Wild) 96. Third: **Mather Porter** (Paul Mather, Duncan Duffy, Martin Ainscough, Jim Porter) 96. Fourth: **Team 007** (Kevin Bond, Roger Henshaw, Brian Weyman, Nick Cooper) 95. Fifth: **Trustee & Fear Not** (Tim Bonnett, Geoff Bell, John Wright, Nick Leathers) 93. Sixth: **Contrasol** (Mark Barnard, Guy Black, James Dunne, Joel Sanders) 91. Seventh: **Drive With Pomroy** (Jonathan Pomroy, Tom Sturge, Dave Thomson, Chris Hunt) 88. Eighth: **Putt With Pomroy** (Chris Pomroy, Neil Anderson, Mike Meldrum) 85. Ninth: **Mad Hatters** (Peter Whiteley, Alan Fischer, Paul Biggs, Paul Baker) 79. Tenth: **Mardelli's All Stars** (Peter Mardle, Vic Chamberlain, Adrian Axtell, Trevor Doe) 77. Eleventh: **We've HAD It Again** (Paul Bishop, Keith Swailes, Dave Wilson) 60.

Best Individual Score: **John Vinten**, 40 points.

Longest Drive: **Mark Barnard**

Nearest The Pin: **Geoff Bell**

● 2011 Fundraising dates for your diary: **Easter Monday April 25: Easter Egg Hunt/Raffle; Saturday June 25: Jazz on the Island Picnic, both at 13 Lemsford Village. Phone 01707 321802 for more details.**

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## Keep safe and warm with our winter products

With winter upon us HAD's Equipment Centre has many items to keep out the cold. They make great Christmas gifts too!

Make sure that you have checked and if necessary replaced the rubber ferrules on the end of your walking sticks and/or crutches, any wear or deterioration in the rubber can result in slips and falls, so check out the end of your stick today.

Available in 16, 19, 22 and 25mm black or grey. Priced from 78p.

Soft top and thermal socks cost from £2.03, along with a range of slippers from the Cosyfeet range, from £24.01.

We can also order men's and



**WRAPPED UP:** Fundraising Co-ordinator Sebastian Tull models some of the winter products on offer at the Equipment Centre

women's boots from Cosyfeet in a range of colours and sizes from £79.00.

We also have a range of all weather clothing for wheelchairs,

including Wheely Cosy lambswool liners. Why not visit the Centre or see products on 'Ivanhoe', 2011 dates below. All prices inclusive of VAT.

## On the road with 'Ivanhoe' in 2011

**Opening times 10.30am-3pm. Please call 01707 384260 on the day you wish to visit to confirm attendance or check our website [www.hadnet.org.uk](http://www.hadnet.org.uk) for regular updates.**

**BALDOCK**, Tesco car park: Jan 10, Feb 28, Mar 14, April 25, May 9, June 27, July 11, Aug 22, Sept 12, Oct 24, Nov 14. **BERKHAMSTED**, High Street: Jan 20, Feb 17, Mar 17, April 21, May 19, June 16, July 21, Aug 18, Sept 15, Oct 20, Nov 17, Dec 15. **BISHOP'S STORTFORD**, in South St. by Methodist Church: Jan 27, Mar 31, May 26, July 28, Sept 29, Nov 24. **BOREHAMWOOD**, Tesco car park: Jan 4, Feb 1, Mar 1, April 5, May 3, June 7, July 5, Aug 2, Sept 6, Oct 4, Nov 1, Dec 6. **BUNTINGFORD**, War Memorial: Feb 22, April 26, June 28, Aug 23, Oct 25. **CHESHUNT**, Brookfield Centre in between M&S & Tesco's: Jan 14, Feb 11, Mar 11, April 8, May 13, June 10, July 8, Aug 12, Sept 9, Oct 14, Nov 11, Dec 9. **HARPENDEN**, between Nationwide & Halifax in High Street: Jan 24, Mar 28, May 23, July 25, Sept 26, Nov 28. **HEMEL HEMPSTEAD**, Marlowes Centre: Jan 5 & 19, Feb 2 & 16, Mar 2 & 16, April 6 & 20, May 4, June 1 & 15, July 6 & 20, Aug 3 & 17, Sept 7 & 21, Oct 5 & 19, Nov 2 & 16, Dec 7 & 21. **HITCHIN**, in Market Square: Jan 7, Feb 4, Mar 4, April 1, May 6, June 3, July 1, Aug 5, Sept 2, Oct 7, Nov 4, Dec 2. **HODDESDON**, opposite library in town centre: Jan 12, Feb 9, Mar 9, April 13, May 18, June 8, July 13, Aug 10, Sept 14, Oct 12, Nov 9, Dec 14. **LETCHWORTH**, TBC: Jan 6, Feb 3, Mar 3, April 7, May 5, June 2, Aug 4, Sept 1, Oct 6, Nov 3, Dec 1. **LETCHWORTH**, MS Therapy Centre,

1.30-3.30pm: Mar 24, Sept 22, Nov 23.

**RICKMANSWORTH**, by Watersmeet Theatre: Feb 24, April 28, June 23, Aug 25, Oct 27, Dec 22. **ROYSTON**, in Tesco's car park: Jan 31, Mar 7, April 4, June 6, July 4, Aug 1, Sept 5, Oct 3, Nov 7, Dec 5. **ST ALBANS**, city centre, outside Town Hall: Jan 17, Feb 21, Mar 21, April 18, May 16, June 20, July 18, Aug 15, Sept 19, Oct 17, Nov 21, Dec 19. **ST ALBANS**, Morrisons car park: Jan 21, Feb 18, Mar 18, April 15, May 20, June 17, July 15, Aug 19, Sept 16, Oct 21, Nov 18, Dec 16. **STEVENAGE**, Resource Centre, Chells Way, 10.30pm-12.30pm: Mar 22, April 22, June 30, Oct 31. **STEVENAGE**, town centre by bus terminal: Feb 14, Mar 23, April 11, June 22, July 22, Aug 24, Sept 23, Oct 10. **TRING**, Church Square, 10.30am-2.30pm: Jan 28, Feb 25, Mar 25, April 29, May 27, June 24, July 29, Aug 26, Sept 30, Oct 28, Nov 25. **WALTHAM CROSS**, by Eleanor Cross Memorial: Jan 26, Feb 23, Mar 30, April 27, May 25, June 29, July 27, Aug 31, Sept 28, Oct 26, Nov 30, Dec 28. **WARE**, Tudor Square: Feb 10, April 14, June 9, Aug 11, Oct 13, Dec 8. **WATFORD**, Asda: Jan 25, Mar 29, May 31, July 26, Sept 27, Nov 29. **WATFORD**, Tesco: Jan 18, Feb 15, Mar 15, April 19, May 17, June 21, July 19, Aug 16, Sept 20, Oct 18, Nov 15, Dec 20. **WGC**, Howardsgate: Jan 13, Mar 10, June 13, July 14, Aug 8, Sept 8, Nov 10, Dec 12.

# Will you feel the benefit?

**Virtually every day it seems, there is an announcement about changes to benefits.**

The County Council's Money Advice Unit has supplied HAD with this useful timetable of what might be happening and when.

Some of the changes depend on Parliament's agreement and in some cases, precise details haven't been announced. But it's the best information we have at the time of writing.

## October 2010

### Permitted work earnings

From 1 October, permitted work earnings for those on ESA and Incapacity Benefit (IB) increase from £93 to £95 a week.

## November 2010

### Cold weather payments

Increased permanently to £25 per week when temperature drops below zero.

## April 2011

### Migration from IB to ESA

National roll out of the migration of existing incapacity benefits claimants (those on incapacity benefit, severe disablement allowance and income support on disability grounds) onto employment and support allowance.

**Herts CC Benefits expert GARY VAUX outlines some significant changes to look out for**



### Local housing allowance and carers

Claimants with a disability and a non-resident carer will be entitled to funding for an extra bedroom.

### Local housing allowance capping

Local housing allowance rates will be capped at £250 per week for a one bedroom property, £290 per week for a two bedroom property, £340 per week for a three bedroom property and £400 per week for four bedrooms or more. The £15 weekly excess that some private sector tenants can receive under the local housing allowance arrangements will be removed.

### Non-dependent deductions

Deductions for non-dependents within housing and council tax benefit will be uprated on the basis of prices.

### Council tax frozen

The Government will work with local authorities to freeze council tax in England in 2011-12.

### Pension Credit

The maximum award of Savings Credit will be frozen for four years

### Working Tax Credit WTC disability element

Automatic eligibility for the disability element in working tax credit for those with a limited capability for work moving into work from employment and support allowance.

### WTC for those over 60

People over 60 years of age will qualify for the WTC if they work at least 16 hours a week (rather than 30 as currently is the case).

### WTC basic rates

Freeze in basic and 30 hour elements for three years.

### Disability living allowance

Higher rate mobility component will be paid to people with serious sight loss.

## August 2011

### Child Trust Fund payments

The extra payments made to disabled children's Child Trust Fund accounts (£100 a year or £200 if entitled to the highest rate of disability living allowance care) will cease after August 5 2011.

## That's handy, HAD's maintenance team is complete



**HAD's county-wide handyman service is complete.**

The latest addition to the three-man team is John Nixon (pictured left).

John, who is based in

Theydon Bois, Essex, specialises in providing ramped access, handrails, threshold ramps, threshold levelling, steps and step alterations (all complying with building regulations) as well as

supplying and fitting rails of all types.

John joins Welwyn Garden City-based Tony Tunbridge and Keith Covell from Stevenage. ● Call 01707 324581 for more information.



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## Business Development Manager Linda Cudmore explains how a summer exhibition in Peterborough paid dividends

The annual National Mobility Roadshow was held in Peterborough this year and we decided it was time to show off the HAD services.

For the three day July event we booked an outdoor stand so that we could promote our Mobility, Transport and Equipment Services.

The position was good yielding a high footfall as we were near the catering, and outdoor activities including wall climbing, go-karts, and 4x4 rides.

On the stand we had our new, nine-seater, low floor, accessible VW Tucana bus. The vehicle has a dual function as a transport bus and a small exhibition/retail unit for the Equipment Centre. This allows

us to do large group journeys and also access smaller locations for the Equipment Centre in homes, warden controlled housing etc. It generated a huge amount of interest and allowed us to promote both services.

The real stars of the show were the Mobility Department and the four cars from the fleet two Ford Focuses, Toyota Yaris and our brand new Mercedes A180 Avantgarde SE.

Driving Assessors Sean Lawrence, David Wooder and Darren Pratt were kept busy giving demonstrations and providing plenty of information. They also used two of the cars to give six customers demonstrations.

The event was a good promotional opportunity for us and we were able to reach many hundreds of potential new customers. In these difficult financial times the priority is to raise our profile and secure more customers and this we did.



**ALL ABOARD:** Darren Pratt, Linda Cudmore, Sean Lawrence and Julie Ritchie (front) at Peterborough with HAD'S new nine-seater VW Tucana bus

# Going mobile!

## Scooter clinics launched

**They may not look dangerous but in the wrong hands mobility scooters can cause havoc.**

That's why HAD has just launched a series of unique training clinics to help mobility scooter users.

The clinics, run by transport trainer Keith Parker, are based on a Safescoot scheme devised by Norfolk Police and cover controls, manoeuvring, reversing, kerbs, crossings and hazards. Maintenance and battery economy will also be included.

"Although the top speed of a scooter designed for pavement use is only four mph and a road scooter, eight mph, these are heavy machines and can potentially cause problems, especially if the user is

not confident," Keith explained. "And with 330,000 presently on UK roads and pavements it could be a big problem."

At the moment no training is required by law but HAD want to offer it to their customers as an additional service.

The half-day clinics cost £25 and will be held at HAD's Woodside Centre HQ at The Commons.

HAD is hoping to make the clinics available countywide and is presently looking for other venues.

Keith will also be training HAD's Equipment Centre staff so they can advise potential scooter customers in the near future.



**TAKING SHAPE: Census 2011 Area Managers Jerry Lake (left) and Alan Mordey**

## Help tomorrow take shape

The national Census takes place every ten years and is a count of every person living in the UK. The next Census will take place on March 27 2011.

The Census matters to everyone as population counts are used to allocate money to Hertfordshire for local services over the next 10 years.

These include health and social services, the police, schools and colleges, housing, roads and public transport and other services provided by both the County and District Councils. Businesses also use Census information to help plan where to provide jobs and facilities such as shops.

The Office for National Statistics has been working with Hertfordshire County and the

District Councils to plan for the Census.

In Hertfordshire, the local Census Area Managers are also working closely with organisations such as HAD to encourage and help people with disabilities participate and be fully counted in the Census.

Every household will receive a Census form in early March next year. For the first time it will be possible to complete the Census on-line via the internet as well as returning a form by post.

As we get nearer to Census day, more information will be provided, including about how the public can get help if needed. If you wish to find out more now, the Census website contains lots of information at [www.census.gov.uk](http://www.census.gov.uk)

## Sebastian's got high hopes for fundraising bungee jump

Newly appointed Fundraising Co-ordinator Sebastian Tull will be jumping for joy next February (2011).

Sebastian is organising a fundraising bungee jump at London's O2 Arena for himself and fellow University of Hertfordshire students.

Sebastian is with us for a year as part of his business studies degree. He is originally from East Sussex and currently lives in Hatfield.



"I've been recruiting fellow students to take part and hoping they will raise a minimum of £250 each," he explained. "We'll be jumping off a 160 ft high crane right next door to the Thames."

Sebastian has been advertising the event in The Forum at the University and has received great interest.

"The University's Raise & Give Society will also be donating money to HAD the end of this academic year," Sebastian added.



## Hello Mark, goodbye Shirley

Mark Thackeray has joined us as a Volunteer Mobile Equipment Driver/Assistant.

Mark, from Welwyn Garden City, will be assisting Paul Robinson on board 'Ivanhoe'.

● We're sad to have to say goodbye to Mobility Centre Co-ordinator Shirley Mead after three years with us. Shirley is leaving for personal reasons. "This has been the best job I've ever had. I've had immense fun and I'm so sad to be leaving," she said.

# Life at work proves the Labour Exchange wrong

Newly appointed HAD Director Martin Randall explains how falling out of a tree and landing up in a wheelchair for over 50 years hasn't held him back...

## My family moved from London to WGC in June 1955.

Around a month later I fell out of a tree after a branch broke and, unlike most kids who fall out of trees, I didn't bounce. I fractured my spine and woke up, three weeks later, in Stoke Mandeville Hospital in Aylesbury.

As a result I was paralysed, more or less from the waist down and had to use a wheelchair to get around. I left hospital 16 months later (the day before my 12th birthday and returned home to live with my parents and brother and sisters in WGC.

At that age education was high on the agenda and my parents were forced into battle with the local authorities who wanted me sent away to a special school, this battle lasted until I left school at 15 but my parents had their way and I attended The Howard School in WGC until the day after my 15th birthday when the authorities announced that they had no further need to educate me, so I was to leave in the middle of term. Some people can't stand not getting their own way.

Luckily, living at home with my family and having an ordinary education at an ordinary school meant I was pretty much an ordinary teenager who just used wheels to get around instead of feet, so my outlook on life was not a disabled one. By that I mean disabled by other people's attitudes. I heard a lovely expression that quite sums up what I mean here. 'Disability is frequently caused by the soft bigotry of low expectation'.

So I went out into the world of able bodied people. The next experience I had of this soft but quite vicious bigotry was from the employment service (Labour Exchange as it was then) when I was told that I would never work and would never find a job that I could do.

So, suddenly becoming conscious of the incredible prejudices there were and still are against disabled people, I got a job and carried on working for many organisations in and around Hertfordshire until I retired when I was 65.

Working was just a part of my life. I had a great bunch of mates (where are you all now I wonder?) and, it being the now infamous sixties we just went for it and lived our lives to the full. If I couldn't get in somewhere, usually because of steps, my mates just carried me in.

I have worked for a fish wholesaler, in telephone sales,



general repping, engineering companies, electronics, computers and welding equipment.

In the last twenty years I have worked in the voluntary sector. I supported young people with epilepsy to live independently, supported young homeless (often in trouble) young people to try to get their lives in some sort of order, befriending other young people in crisis, running a youth club (I was qualified) before getting myself involved in the disability field.

Over 14 years I worked for three disability organisations across north London getting heavily involved in disability rights, the DDA, access auditing, supporting people on direct payments anything needed including challenging various authorities who, often illegally, adopted 'we know best' policies usually to the detriment of disabled people.

While all this was going on I was also heavily involved in disabled sports, wheelchair basketball being my favourite, along with track and field athletics. I finally retired from basketball when I was 50 having played in the National League almost since its inception. It was whilst participating in sport that I met Hazel who I married in 1977. Sadly Hazel passed away in 2007.

My first contact with HAD was in the sixties, when it was a vastly different organisation to the HAD we know today. Then I retired and, as is her way, Annabelle asked if I would become a Trustee. I presently have responsibility for HAD's Mobility Centre. I am also a Trustee of Enfield Disability Action - where I used to work. This dual involvement has already resulted in an excellent partnership developing between the two organisations.

## HAD has joined forces with Hertfordshire Constabulary to tackle crimes against disabled people.

A new initiative has just been launched encouraging victims of disability hate crime to report incidents to the police or, if they prefer, HAD.

Lots of these incidents do not get reported. Victims are either unaware that hostility, prejudice or domestic abuse against disabled people are potentially criminal offences or they do not know how to go about reporting them.

"Many victims don't feel confident of reporting these incidents directly to the police," Herts Constabulary's Service Quality Manager Ian Tycer explained. "But they might feel more comfortable talking to an organisation like HAD."

This Initiative originates from a Home Office campaign launched in 2009 and in the space of a year improvements have been made.

"Reporting these sorts of crimes within the county has increased significantly and we are hoping they



● Inspector Ian Tycer is keen to promote the Disability Hate Crime campaign with a little help from HAD

# HAD helping beat Disability Hate Crime

will continue to do so," Ian Tycer said. "And make no mistake we will treat these incidents seriously."

"It's a campaign we are more than happy to be involved with," HAD's Chief Executive Annabelle Waterfield, confirmed. "By providing a facility for people to report incidents of disability hate crime has got to be

a good thing. And I can assure victims that they will receive a sympathetic and friendly response from our staff."

Special booklets explaining disability hate crime that also include a form for reporting an incident or crime are available from HAD's Woodside Centre HQ.

● Call 01707 324581 for more details.

## Amy's got lots of bottle!

A life-saving initiative has been relaunched thanks to funding from HAD.

In the summer we came to the rescue of the well-established Lions Clubs International Message in a Bottle project by paying for more than 3,000 new bottles to be produced.

The county-wide scheme sees an individual's important personal and medical details kept in a plastic bottle that is stored in the person's fridge. Accompanying stickers displayed near the front door and on the fridge, alert the emergency services and give them a greater chance of saving lives.

"We're really pleased this

project is back up and running," Amy Stevens, Community Exercise Co-ordinator for NHS Herts, explained. "The benefits to all are enormous and I'd like to thank HAD for making its re-launch possible."

"We are all aware of how important the Message in a Bottle project is," Annabelle Waterfield, HAD's Chief Executive said. "So we decided to put some of the money raised from our Easter egg hunt to this really worthwhile cause."

Amy has distributed the bottles to a huge number of health professionals - and they are also available from HAD's Woodside Centre HQ.



**LIFE SAVER:** Amy Stevens with just a few of her new supply of 3,000 bottles

## EQUIPMENT CENTRE

This permanent display of equipment provides friendly and informal help and advice and a wide range of products specially chosen to meet the needs of disabled people, their families and carers. Products include: continence management items, walking sticks, rollators, wheelchairs, shower and bathroom equipment, bath lifts, kitchen utensils, all at competitive prices. Free OT assessments. Opening times: Monday – Thursday 9-5pm, Friday 9-4.30pm, Saturday: 10am-2.00pm.

More details from:  
**JONATHAN HILL/CHRIS BELLIA**  
01707 384260

## MOBILE EQUIPMENT

The Equipment Centre on wheels, and known to most people as Ivanhoe, is a regular visitor to town centres and supermarket car parks across the county.

Opening times: Monday – Friday 10.30am-3pm.

More details from:  
**JONATHAN HILL/CHRIS BELLIA**  
01707 384260

## COUNSELLING

Counselling for disabled by disabled and able-bodied people.

More details from:  
**DANIELLA INGHAM**  
01707 324581



## MULTI-SENSORY ROOM

The Equipment Centre has a multi-sensory room designed to stimulate and enthuse children with disabilities.

More details from:  
**JONATHAN HILL/CHRIS BELLIA**  
01707 384260

## TRANSPORT

A 24-hour wheelchair accessible transport service seven days a week for people with disabilities. Each vehicle can transport up to two wheelchair users and three seated passengers comfortably. New vehicle with nine seats plus two wheelchairs just acquired. We also have three vehicles for self-drive hire. Quotes for one-off and regular journeys always available.

More details from:  
**PHIL CALEY**  
01707 375159

## ACCESSIBILITY

Access audit reports to ensure your premises comply with the Disability Discrimination Act.

More details from:  
**JONATHAN HILL/CHRIS BELLIA**  
01707 384260

## MOBILITY CENTRE

Driving lessons and assessments for people with physical disabilities are available in our own specially adapted and dual – controlled vehicles. Vehicle appraisal and conversion advice, disability awareness training for minibus drivers and minibus driver assessments are also available. The Centre has achieved full accreditation as a member of the Forum of Mobility Centres.

More details from:  
**THE MOBILITY CENTRE**  
01707 384263

## THERAPIES

A variety of therapies are available including osteopathic consultations, assessments and treatments, acupuncture, nutritional therapy and foot care.

More details from:  
**DANIELLA INGHAM**  
01707 324581

## INFORMATION AND ADVICE

All staff currently provide this service. Last year HAD received 25,000 telephone calls seeking information. We also provide benefits information, given by a trained volunteer.

More details from:  
**DANIELLA INGHAM**  
01707 324581

Happenings is the news and information magazine for HAD (Herfordshire Action on Disability).

The organisation aims to deliver innovative, affordable, practical services to disabled people throughout Hertfordshire and beyond.

Correspondence is welcomed and should be addressed to the Editor at the address on the right.

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