

**7th Edition**  
**February**  
**2013**

**Contents:**

**The Service Team**

**Meet The Team**

**PIP update**

**Hadrians Wall**

**Happy Legs**

**AutoSlide**

**RealTime PAYE**

### The Service Team

The Service Team provide advice and guidance on all disability related queries on:

- Direct Payments
- Benefits
- Welfare Rights
- Equipment and Adaptations
- Leisure, Holidays and employment
- Disability Legislation



**Meet The Team** This month let us introduce you to the Information and Advisory hub of the Service Team

Their services include; help with benefit claims, representation at appeals, rights to services plus general advice on housing, education and employment.

The Service Team as a whole operate a duty system. Your details will be taken by an Information Officer and if they can not advise over the phone you will receive a call back from one of the team who specialises in benefits advice. The Team operate an appointment system for more in depth assistance, e.g. completing benefit forms, advice on appeals.

As you can imagine, due to the nature of their work, the team are very busy. Key advice from team members is to call us as soon as you need help. Do not leave appeal forms, renewals or claim forms to the last minute.

The Information Officers specialising in benefits are; Susan Rand, Val Tuff, John Brazier and Steve Forster. Between them they have 80 years experience in the field so you will be in safe hands.

Disability North

The Dene Centre, Castle Farm Road, Newcastle Upon Tyne NE3 1PH

Tel: 0191 2840480 Textphone: 18001 0191 2840480

Email: [serviceteam@disabilitynorth.org.uk](mailto:serviceteam@disabilitynorth.org.uk)

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### Dates For Your Diary

### Service User Group

11am-1pm

1/3/13

9/5/13

### Using Personal Assistants Workshops

### For Parents

10am-2:30pm

4/3/13

10/6/13

### For Adults

10am-2:30pm

14/3/13

10/6/13

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### Personal Independence Payment Update

We have been getting a number of telephone calls from people who have received a leaflet through the letter box about the new Personal Independence Payment (PIP) which is being introduced to replace Disabled Living Allowance.

You do not need to respond to the leaflet.

Personal Independence Payments will replace new Disability Living Allowance (DLA) claims in the pilot areas (see over leaf) from 8 April 2013 and then to all other new claimants from June 2013. The main transfer of existing DLA claimants (who are aged 16 to 64 on 8 April 2013) will take place from 2015. **People over 65 who are already receiving DLA will not be moved on to PIP.**

If you get DLA at the moment and you are between 16 and 64 you will eventually be reassessed for PIP. You will be sent the papers by the DWP. You do not need to send for them.

The DWP has produced a document containing the most frequently asked questions. It can be downloaded from the [DWP website](#).

If, or when, you receive the forms and you need help or advice about the application please get in touch with us as soon as possible. Do not leave it till the last minute as we may not have the resources to help you.

### Disability North - Hadrian's Wall Challenge 2013

84 miles in 4 days! Walking the historic trail from Bowness to Wallsend. Are you looking for a new challenge for 2013? Then look no further than the Hadrian's Wall Challenge, walking 84 miles in four days. The walk takes place from the 16th- 19th May 2013 and all funds will go to Disability North. Contact Kievah on 0191 2840480 or email [kievah.paxton@disabilitynorth.org.uk](mailto:kievah.paxton@disabilitynorth.org.uk)

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The Service Team

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**New!!** Workshops 'Using Personal Assistants – Everything you need to know.' Call the Direct Payments team for information 0191 2840480 or email [directpayments@disabilitynorth.org.uk](mailto:directpayments@disabilitynorth.org.uk)

### HappyLegs

For many people going for a walk is difficult or not even possible. Moving and exercising the body, particularly the lower limbs, is vital to ensure good blood circulation. If people remain seated for many hours each day it can cause a defective venous return. If prolonged this can cause or worsen a number of health conditions such as:

- Swollen legs, ankles and knees
- Vascular ulcers
- Diabetic neuropathy
- Joint and muscular problems
- Thrombosis (DVT)
- Arthritis
- Alzheimer's disease,
- And many others.....



The HappyLegs device has been developed to enable people who have difficulty walking to move and exercise their lower limbs. It is a passive exercise device which functions using the same principles as walking, it alternatively moves the legs and gently massages the feet while remaining seated, stimulating the muscles and sole sponge to help improve blood circulation. 3 hours on the Happylegs is equivalent of 1 hour of normal walking.

Angus Long, Director of Embryonyx Ltd, has kindly provided a demonstration unit for Disability North. There is more information on the company website at [www.happylegs.co.uk](http://www.happylegs.co.uk).

If you would like to arrange a demonstration here at the Dene Centre contact the Service Team on 0191 284 0480 or email: [ServiceTeam@disabilitynorth.org.uk](mailto:ServiceTeam@disabilitynorth.org.uk)

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### Upcoming Events

#### Charity Abseil

24 March

#### Hadrians Wall Challenge

16-19 May

#### Irwin Mitchell Legal surgeries

13/3/13

11/4/13

#### Dont forget!

You can follow us on twitter  
@Service\_Team1

Or visit our Disability North facebook page



### AutoSlide



Disability North is delighted to announce that we now have the Autoslide™ system fitted to one of our toilet doors. This enables us to demonstrate how an existing sliding door can be automated. The system is a new product from Australia and has been installed by **their Principle UK Distributor**; Arxcis Ltd.

Autoslide fits to your EXISTING sliding door e.g. Patio Door, and automates it through the use of sensors, buttons or fobs. It even works for your pets using a Collar Tag! Internal Sliding Pocket Doors are becoming more popular within adapted homes, because sliding doors take up much less space. For more information visit [www.arxcis.co.uk](http://www.arxcis.co.uk) or contact The Service Team on 0191 284 0480 or email: [ServiceTeam@disabilitynorth.org.uk](mailto:ServiceTeam@disabilitynorth.org.uk) to arrange a demonstration here at The Dene Centre.

### Real Time PAYE

If you employ a PA, the way HMRC deals with tax and National Insurance are changing. If you already use a payroll service, including the one Disability North provides, then there's nothing to worry about and you probably won't notice anything different. If you do the payroll calculations yourself and send in end of year tax returns then you'll need to check up on what you need to do with HMRC, all the information is on their website:

<http://www.hmrc.gov.uk/rti/index.htm>



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