

**8th Edition**

**May**

**2013**

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### 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 Independent Living hub of the Service Team.

Carolyn Forster is a registered Occupational Therapist and Sheila Rzepczynski is a registered Physiotherapist. Sheila and Carolyn have many years of experience within the NHS and voluntary sector. They provide excellent free, independent and impartial advice and guidance covering such topics as personal care, leisure activities and mobility and communication issues

They can assist you to make informed choices to maximise your independence in all areas of daily living. They will talk over issues about buying equipment or adapting property, ensuring that you have all the facts before buying equipment which is often very costly. They also provide product information and supplier details.

We have various, demonstration equipment in our demo areas which include a bedroom, bathroom, toilets, kitchen and we also have a mobility track to try out scooters and wheelchairs.

Assessments are available on all the above and it is best to make an appointment to see Carolyn or Sheila to make sure that they and the equipment you wish to see are available.

Contact them on 0191 2840480

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

11:00am-1:00pm

9/5/13

11/7/13

19/9/13

### Using Personal Assistants Workshops

### For Parents

10am-2:30pm

10/6/13

16/9/13

### For Adults

10am-2:30pm

4/6/13

12/9/13

Disability North  
**DNEX**  
Exhibition

# 2013

## DNEX 2013 - The Annual Exhibition of Disability North

Disability North is holding the North's largest Independent Living Exhibition DNEX at Newcastle Racecourse on Wednesday 25th and Thursday 26th September 2013. DNEX is open daily from 10.00am. DNEX is a must attend event and there is something for everyone including digital technology, aids and adaptations for independent living and accessible leisure facilities. This free exhibition provides information, advice and equipment for disabled people, older adults, carers and health / social care professionals on a range of disability related issues.

### Disability North Gala Dinner Sponsored by Irwin Mitchell LLP

Wednesday 25 September 2013 Newcastle Racecourse. Enjoy a fabulous evening with a drinks reception, three course meal, raffle and disco.

For more information about DNEX 2013 and the Gala dinner contact the events team on 0191 284 0480 or [events@disabilitynorth.org.uk](mailto:events@disabilitynorth.org.uk) visit the DNEX section of the Disability North website [www.disabilitynorth.org.uk](http://www.disabilitynorth.org.uk)

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£30 per ticket or £300 per table of 10. All proceeds go to Disability North Drinks Reception: 7.30pm Dress Code: Smart

### Brave staff and supporters abseil the Vermont Hotel



The newest member of the Service Team has proved his worth by abseiling from the Vermont Hotel to raise money for Disability North. A big Thank You to Steve Forster and to all of our other brave supporters. They abseiled down the 200ft hotel, in strong winds, to support the valuable work of the charity. The final total is not yet in but is looking like upwards of £2,000. Well done everyone and Thank You .

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### Helen's FLEXing her muscles at TIN Arts!

Helen Smiles, aged 33 from Carville in Durham, is a long-term member of the Flex Dance Company at TIN Arts.

The Flex Dance Company is made up of nine artists with a learning disability who come together to create, devise and perform new contemporary dance work.

Helen started at TIN Arts in 2007 and moved her way up into the Flex Apprentices Group. Her dancing skills improved so much that she became an honorary member of the Flex Dance Company in 2009.

"I love Flex! I enjoy dancing so much and get pushed a lot harder at Flex. I just love performing on stage and have made lots of friends here"

Over the past four years Flex have performed regularly in the North East as part of shared platforms within both the disability and non-disability arts sector. Flex are now working on a new piece called 'Parked' which will be performed at Stockton International Riverside Festival in August this year.

Tess Chaytor, Creative Direct at TIN Arts, said "Helen is a great participant. She's very enthusiastic and learns new dance moves quickly. Her passion for dance shines through in every performance she does".

Helen plans to continue with Flex at TIN Arts and looks forward to future performances.

To find out more about TIN Arts' programmes call 0191 384 0728 or go to [www.tinarts.co.uk](http://www.tinarts.co.uk).

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### Upcoming Events

**2/6/13 Take on  
the Tyne**

**7/6/13 Charity  
Golf Day**

**25/9-26/9**

**DNEX**

**25/9/13**

**DNEX Gala  
dinner**

**Irwin Mitchell  
Legal  
surgeries**

**27/6/13**

You can follow  
us on twitter  
[@Service\\_Team1](#)

Or visit our  
Disability North  
facebook page



## Skillsbridge Offer Support For Voluntary and Community Sector Organisations

Skillsbridge, is aimed at bringing support to voluntary and community sector organisations through a coordinated programme of professional volunteering. Skillsbridge taps into expertise in the private and public sectors to give voluntary and community organisations the skills and tools that they need to survive and thrive in the current economic climate.

Skillsbridge partnered Disability North with an organisation called Holgate HR. They have worked with us to review and update some of our HR policies and procedures. The expertise shared with us has helped us to create policies that are up to date and fit for purpose. We would like to say a huge thank you to both Skillsbridge and Holgate HR

If you are interested in requesting support, please call Skillsbridge on: 0191 275 5059 or email: [chris@skills-bridge.org](mailto:chris@skills-bridge.org)

## Disability North Office Vacancy

Are you looking for office space? Why not rent in lovely, accessible premises. The following office space is available to rent at the Dene Centre.

Accommodation size 240 sq ft – Annual rent £4,073 (including utilities, security and reception duties) For further information, please email:

[jenhickson@disabilitynorth.org.uk](mailto:jenhickson@disabilitynorth.org.uk) or telephone 0191 2840480

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