

Orkney Disability Forum Newsletter

Spring 2016

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Hello and welcome to the Spring Newsletter

We have some changes coming up with Dial-a-bus after the 1st of April and so it is **very important** that everyone reads the letter accompanying this newsletter.

Its our 20th Birthday at Dial-a-bus this year! We are celebrating by having a safari lunch, which is having 3 different courses in 3 different parishes. That's soup in the Rendall Community Centre, main course in Orphir Community Hall and then we travel east for pudding in the Deerness Community Hall. We need lots of help to pull this off so if you or any family members or friends can spare some time for us on the 19th June, please get in touch.

Orkney Teens Plus has successfully secured funding for an adventure weekend in Nethybridge. This will give our young people the chance to have a go at many outdoor activities which they may not have tried before. Its an exciting trip for the group.

I hope you find this newsletter informative and as always, encourage you all to give us feedback on our services and suggestions for the future.

Kind regards

Hazel

Dates to note:

Coffee Morning 7th May Flag Day Sat 4th June
 give us a shout if you have anything to donate



If you have a medical condition that means you need to go to the toilet urgently, you can apply for a card from the Bowel and Bladder Foundation that allows you to show and gain access to toilets in various public locations, such as shops. Many businesses in Kirkwall display signs for this in their window and welcome people who display the card. Here is the link below that allows you to apply online

<https://www.bladderandbowelfoundation.org/resources/toilet-card/>

if you do not have access to a computer, pop by the office and we can help you fill one out.

Senior Computer Club

Do you have **some** computer skills? Do you often have unanswered questions?

Do you lack confidence using the internet safely?

Do you just want to socialise with other like minded people?

Do you need help with your new Laptop, IPad or Tablet?

If you answer is YES to some of these questions - help is at hand

The Learning Link will be restarting the Senior Computer Club from

Thursdays 1.30pm to 3pm

Room 1 - Kirkwall Town Hall

The club is for senior citizens who want to meet, greet, exchange knowledge, share ideas, expand their skills, improve confidence, be able to ask questions and learn from each other in a social setting. Help will always be on hand by one of our team

FREE SESSIONS

FREE INTERNET ACCESS

FREE HELP

For more information, call The Learning Link on 01856 879200

Enable Magazine

We are sent this magazine bi-monthly. It is an inspirational magazine for disabled people, their carers and those who work with them. It has lots of information on holiday advice, shows the latest in independent living aids as well as stories about positive experiences from disabled people and those around them. If you would like a copy of this magazine, please come by the office to collect.

Hire Charge

Road Scooters

Day rate	£4
Overnight rate	£5
Weekly rate	£18
Long term weekly rate (after more than 2 weeks)	£16

Manual Wheelchairs and other equipment

Day rate	£3
Overnight rate	£5
Weekly Rate	£12

We can also service your scooter and carry out minor repairs, give us a call

Struggling to find accessible holiday accommodation?

Crathie Opportunity Holidays is a charity providing a great holiday opportunity for everyone, with superb facilities for disabled people.

They have a selection of cottages for rent designed so that there should be no barriers to occupancy by disabled guests.

It is situated between the villages of Braemar and Ballater on the A93, approximately 50 miles West of Aberdeen.

For detail check out their website -

www.crathieholidays.org.uk

Crathie Opportunity Holidays
The Manse Courtyard
Crathie, Ballater
Aberdeenshire
AB35 5UL
Tel: 013397 42100

Summer 2016 Bus Trips Cut out and keep

We will advise you of the cost when you get your menu, please tell us as soon as possible if you decide not to go.

Sun 15 May	Trip to Shapinsay and chippie supper on the bus
Sun 29 May	Lunch at the Smithfield Hotel and then off to the Folk Festival to enjoy the Fiddlers Rally (deposit of £8 required)
Sun 5 June	Lunch at the Commodore and a trip round East Mainland & to Orkney Buffalo
Sun 19 June	Dial-a-bus 20 th Birthday Safari lunch. 3 courses in 3 different parishes
???	Stronsay RNLi buffet and entertainment by Silver Darlings (if it is on)
Sat 9 July	Trip to Stromness, visit new Library and a bit of shopping, lunch at the Royal Hotel
Sun 17 July	Lunch at Skerries Restaurant in South Ronaldsay and afternoon coffee at Braeburn Court
Sat 20 th Aug	Sunday lunch at Shore Hotel and trip to Odin wood Gallery, Harray

Transport to community events. We will phone you if you request any of the regular activities to make sure you want to go each time ***Please pay fares on the day***

1 st Sunday in month	Dounby Car Boot Sale
Every 2 nd Monday	Traditional music in Harray Hall
Every Mon 2.30pm	Dementia Friendly Orkney Singing group
Every Monday evening	Orkney Teens Plus – Social Club for Secondary School Aged Pupils
Every Tues 10 am	50+ exercise at Pickaquoy centre
Every Tuesday pm	Evergreens Social Club for Senior Citizens
Every Wednesday	Good Companions Social Club for Senior Citizens (lunch every 2nd week)
Every Friday am	Salvation Army lunch and Friendship club
Every 2 nd Tues	The Reel Summer concert – 6 concerts during summer (deposit needed)
Monthly	Chair Yoga Sessions at Pickaquoy Centre (Orkney Stroke Group)
Wed 6 th April	East Church –Quick Light Lunch
Thurs 21 st April	3 courses Overblikk Restaurant Orkney College
Sat 7 th May	Dial-a-bus Coffee Morning at the King Street Halls, Kirkwall
Tue 17 th May	Norwegian Constitution Day – parade and concert
Thurs 19 th May	Buffet lunch Overblikk Restaurant Orkney College
Tue 31 st May	Battle of Jutland Celebrations – arrangements not yet confirmed
Sat/sun 9/10 July	Motocross 50 th Anniversary meet – details to follow
Mon 19 th July	Crowning of the Shopping Week Queen
Thurs 11th Aug.	West Mainland Agricultural Show, Dounby.
Sat 13 th Aug.	Orkney Agricultural Show, Kirkwall.
Sat 3 rd Sept	Food and Drink event at Orkney Science Festival
Sun 7 th Aug	Vintage Rally
? September	Orcades Model Show in Kirkwall
Sun ? Oct	Silver Sunday at Pickaquoy Centre – films, food and a tea dance etc
Sat 5 th Nov.	Dial-a-bus Coffee Morning at the King Street Halls, Kirkwall.
Sun ? Nov	Evie Craft fair
Sat 3 rd Dec	St Lucy Festival in St Magnus Cathedral

Do you struggle to heat your home? Can you afford to pay your fuel bills? Need advice?

Orkney has the second highest levels of fuel poverty within Scotland. They have steadily risen and doubled over the last decade.

What is fuel poverty?

A household is in fuel poverty if, in order to maintain a satisfactory heating regime, it would be required to spend more than 10% of its income (including Housing Benefit or Income Support for Mortgage Interest) on all household fuel use.

A '**satisfactory heating regime**' would use the levels recommended by the World Health Organisation. For elderly and infirm households, this is 23° C in the living room and 18° C in other rooms, to be achieved for 16 hours in every 24. For other households, this is 21° C in the living room and 18° C in other rooms for a period of 9 hours in every 24 (or 16 in 24 over the weekend); with two hours being in the morning and seven hours in the evening

Ailsa Winterburn, part of our front line team has been on a course to learn about ways to help people who are struggling with heating their home. If you feel you need advice, please speak to her and she can take your details and any problems and see what support is available.

Bookings for the bus need to be made the day before travel at the very latest and can be made Monday – Friday between 9am and 1pm, 2pm to 4pm. Please help our staff by booking in advance between these times.

We welcome Tom Deyell to our driving team. Tom moved down from Shetland with his wife Michele last year. He comes from a family of musicians and so you may well see him in future concerts. He lives in St Ola and is still finding his way around all the roads in Orkney and so is only working short shifts but we are sure you will see him more often as the summer comes in.



Alfie Tait from Burray shoe repair. Shoes can be left in the Dial-A-Bus office or given to any bus driver and will be collected and returned every Friday.



Our postal address; Orkney Disability Forum , 18 Junction Road, Kirkwall, KW15 1AB

Dialabus (Ailsa/Lorraine) Tel: 871515 Email: info@odforkney.com

Booking must be made between 9.00 to 1.00, 2.00 to 4.00 mon to fri

Orkney Disability Forum and Independent Living aids (Hazel/Irene) 870340

Website: www.orkneycommunities.co.uk/odf

We have an out of hours phone number 07500 304417. This is NOT a booking line. This line can be used only when the office is shut for advising of cancellations, changes of pick up or enquiries if the bus is more than 15 minutes late to pick you up.