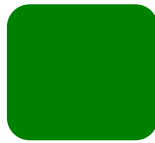




Inform



# SDEF Voice



## Scottish Disability Equality Forum Monthly Newsletter

Issue 46 - July 2017

Dear Member

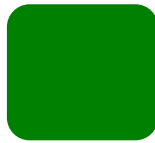
Welcome to the latest issue of SDEF Voice, your monthly newsletter from the Scottish Disability Equality Forum. In this month's issue, you will find information about:

- The Teapot Trust
- Consultation on the role of the Scottish Health Council
- Appear on The One Show
- SEStran Board Vacancies

If you have anything you would like the SDEF community to read about in next month's issue, make sure you get in touch with us.

Best wishes,

SDEF team



## SDEF News - Join Our Board!



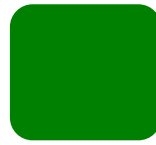
Scottish Disability Equality Forum is seeking to recruit volunteer Board members, who oversee the work of our dedicated staff, and develop our strategy and vision.

The Board meets seven times per year in Stirling or Alloa. Travel and all other expenses are paid to attend meetings from any part of Scotland.

We are an equality organisation and we very much welcome applications from all communities, and in particular from disabled people.

Please visit our website to download the application pack, which is available in a variety of alternative formats: <http://sdef.org.uk/work-with-us/>

More details are available from Morven Brooks, Chief Executive Officer [morven.brooks@sdef.org.uk](mailto:morven.brooks@sdef.org.uk) Tel: 01259 272063



# Scottish Disability Equality Forum - Annual General Meeting (AGM) 2017

We are pleased to announce that The Scottish Disability Equality Forum Annual General Meeting (AGM) 2017 will be held at the Perth Concert Hall, Mill Street, Perth, PH1 5HZ on Tuesday 12 September 2017 at 10.00am.



This year we will have a marketplace of stalls.

So far we have the following organisations: The Scottish Parliament, ILF Scotland, Disability Information Scotland, Scottish Personal Assistant Employer Network (SPAEN), Humanism in Scotland, Stirlingshire Voluntary Enterprise and Disabled Go. If you would like to book a stall at our event, please contact us for further information.

We will also be running four workshops on Inclusive Communication, Accessible Travel, Inclusive Design and Disability Safety. This is an opportunity for us to share with you the progress we have made on these projects, however more importantly for you to provide us the valuable feedback we need.

If you would like to attend the SDEF AGM 2017, please complete the booking form sent to you or contact us to request a booking form. Please return your completed booking form no later than Wednesday 16 August 2017 to allow arrangements for communication, access or dietary requirements. Please send your form to the address below or email [maeve.bain@sdef.org.uk](mailto:maeve.bain@sdef.org.uk)

You can also register to attend by completing our online booking form: <https://www.eventbrite.co.uk/e/scottish-disability-equality-forum-agm-2017-tickets-34100364107>

We look forward to welcoming our members!



# Consultation on the role of the Scottish Health Council



The Scottish Health Council is part of Healthcare Improvement Scotland. It was set up in 2005.

The Scottish Health Council works to:

- Make sure the NHS in Scotland listens to the public and takes account of your views.
- Involves people and communities in planning health services
- Helps the NHS in Scotland to improve how it involves the public
- The Scottish Government and other organisations have worked with the Scottish Health Council to set up Our Voice.

Our Voice is about involving lots of different people and communities in Scotland in helping to make health and social care services better.

Our Voice wants to involve people and communities who don't usually get heard. These communities should get extra support so that they can take part.

The Scottish Health Council has been leading on parts of Our Voice, like the Citizen's Panel and the Our Voice Website.

Healthcare Improvement Scotland are thinking about whether to make changes to the Scottish Health Council.



## Why change?

The Scottish Government wants Health and Social Care services to change so that people can live longer, healthier lives.

They want Health and Social Care services to:

- Work together more
- Treat people quickly at home, or as near to home as possible
- Provide high quality care which involves patients in deciding what to do
- Make sure people only stay in hospital as long as they need to.

The Scottish Government also want:

- People and communities to be more involved in planning health services that are right for local people
- People to share what they think about services
- People to have more control over their long-term health conditions and decisions about treatment and services

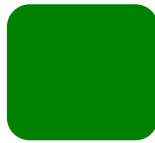
These changes will mean that the Scottish Health Council may have to change the way it works. Any changes should still carry on the Scottish Health Council's work on Our Voice, and use their skills and experience in helping people and communities share what they think about services.

## How to tell us what you think

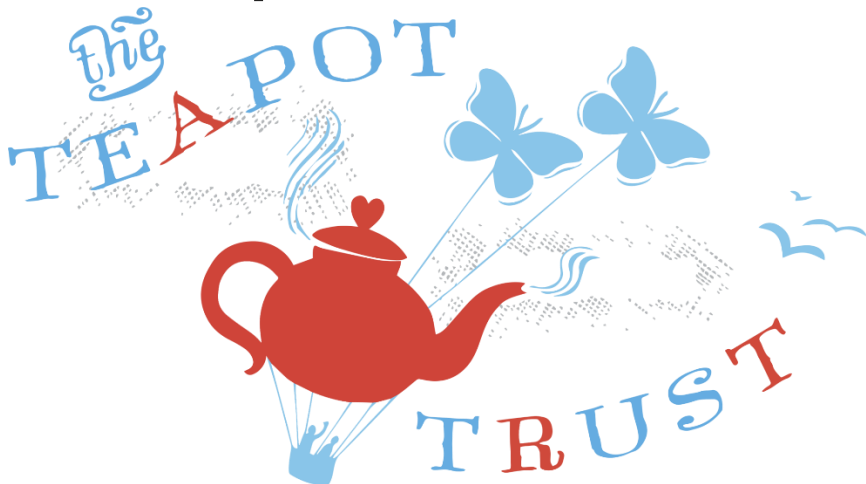
To respond to this consultation, please visit our Your Say on Disability website: <http://your-say-on-disability.org.uk/shc-consultation/>

Your response to SDEF will be collated with other SDEF member responses and submitted on behalf of SDEF.

Please return your response to Scottish Disability Equality Forum no later than **Friday 6 October 2017**.



## The Teapot Trust

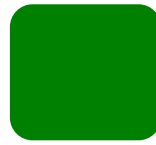


The Teapot Trust is a UK charity providing a nationwide art therapy and creative interventions programme for chronically ill children in hospitals and hospices.

Our work aims to build resilience in children with chronic illness by encouraging them to express emotions, mentally overcome the challenges linked to their condition and develop healthy coping mechanisms. Participating in art therapy can contribute to positive mental health, provide peer interaction and a sense of community within the hospital environment and introduce new skills.

The Teapot Trust was founded in 2010 by Laura and John Young after their experiences of visiting hospital with their daughter Verity, who had been diagnosed with Lupus at an early age. Verity had always enjoyed drawing and painting and her parents realised it had a calming effect on her during her time in the hospital.

After Verity's death, her parents found a note she had written that said 'Big or small, there is always a difference only you can do.' They decided to focus on this and help other chronically ill children cope with the emotional and mental strain that so often comes with their condition.



The Teapot Trust now has 17 art therapists working across Scotland and London and the services we provide are appreciated by both parents and clinicians. We offer three different models of art therapy. Open Group art therapy takes place in hospital outpatients and any child attending a clinic or their siblings is welcome to sit at the art table and engage with an art therapist. Children can also be referred for 1:1 art therapy by their clinician. This model is particularly effective with children who need additional support or who may find it hard to express themselves verbally.

To find out more, email us at [info@teapot-trust.org](mailto:info@teapot-trust.org), call 0141 273 4340 or find us on social media!

Facebook: <https://www.facebook.com/TeapotTrust/>

Twitter: <https://twitter.com/TheTeapotTrust>

Instagram: <https://www.instagram.com/teapottrust/?hl=en>



## Do you want to help improve the accessibility of the Scottish Government websites and digital services?



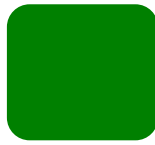
**The Scottish  
Government**  
Riaghaltas na h-Alba

The Scottish Government is always working to make websites and digital services as accessible and usable as possible. We are looking for volunteers with disabilities and who use assistive technology. We would like to create a user community that could help by giving feedback on projects where invited.

Activities would range from a one-hour interview in your home or at a Scottish Government office, reviewing a website at home and providing feedback by email or completing a short survey. The activities may include a reward for taking part and expenses may be refunded.

If you would like to be included in the user community, or if you require any more information, please email James Davidson, Equality Projects Assistant: [james.davidson@sdef.org.uk](mailto:james.davidson@sdef.org.uk)





## Weekly Poll - July Roundup

### Have Your Say...

Gathering the views of disabled people in Scotland



The Weekly Poll is a simple YES/NO question published each week on our Your Say on Disability website: [www.your-say-on-disability.org.uk/](http://www.your-say-on-disability.org.uk/) There is also an opportunity to leave a comment on the chosen topic.

Thank you to everyone who completed our Weekly Poll during the month of July. Below is a summary of the three questions we asked during July, along with your responses.

### Personal Care

**Question:** Do you think personal and nursing care should be free for disabled people under the age of 65?

**Your feedback:** Yes - 95% (36 respondents) No - 5% (2 respondents)

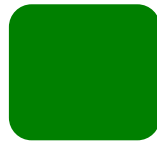
**Key comment:** "It is everyone's right to live a life with dignity, respect with choice and independence therefore it is only right and proper that all disabled people receive free personal and nursing care free at the point of delivery and that the care given meets the needs of the individual."

### Accessible Buildings

**Question:** Do you think more should be done to improve the accessibility of public buildings in Scotland?

**Your feedback:** Yes – 98% (59 respondents) No – 2% (1 respondents)

**Key comment:** "Accessibility is not the first concern of property owners or architects. There is not enough training for architects."



## Clinical Governance

**Question:** Are patient and service user views taken into account in the planning and delivery of services?

**Your feedback:** Yes – 25% (7 respondents) No 75% (21 respondents)

**Key comment:** “I think more could be done, but it needs to be done in a way that is interesting for people. Having meetings that take place Mon to Fri 9 to 5 may suit staff, but as most people are working then, flexibility of involvement is the key”

## Accessible Postal Services

**Question** Have you experienced any difficulties accessing postal services, for example travelling to depots to collect mail delivered when you were out, or arranging redelivery of items?

**Your feedback:** Yes – 59% (23 respondents) No 41% (16 respondents)

**Key comment:** “My biggest difficulty is being able to access post offices that have been moved into local grocery shops. On one recent occasion I had to get my son to come with me to move crates of lemonade and boxes of stock from the floor to allow me access the PO counter. The shop owner watched as we moved items.”



## Board Vacancies - SEStran



The following message has been sent on behalf of SEStran (South East of Scotland Transport Partnership) - <http://www.sestran.gov.uk/>

Whether it's starting or the next leg of your public appointments journey, SEStran would encourage everyone interested in transport across the South-East of Scotland to apply for 7 vacancies on our Board.

If you have experience of transport personally or professionally in the South East of Scotland and/or the skills to play an important role in making the South East of Scotland transport network, safe, sustainable and inclusive, we want you to apply for a role as a Board member for SEStran.

For more information and to apply please visit our website:

<http://www.sestran.gov.uk/info/vacancies>



## Independent Living Fund - £5 million to support young disabled people



Young disabled people will be able to access a £5 million fund to help them live more independent lives, Public Health Minister Aileen Campbell has announced.

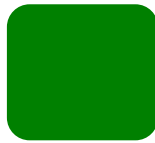
The Independent Living Fund (ILF) will provide a short-term award to people aged 16-to-21 to help the transition into adulthood.

It can be used to help the young disabled person to be active, participate and contribute to their local community; aimed at helping them to reach their potential and make a lasting difference to young lives.

It follows the set-up of the Scottish Independent Living Fund, in 2015, following the UK Government's closure of the previous UK ILF scheme. Ministers had previously committed that on top of the £47.2 million a year of support provided to 2,600 existing Scottish ILF users, extra funding of £5 million would be made available to create a new ILF scheme.

Public Health Minister Aileen Campbell said:

“We want everyone in society to have the same quality of life and providing support to disabled people is one of the areas we have worked on.



“This fund will support young disabled people to take up opportunities to contribute to and participate in their communities, to help them live as independently as possible.

“We have worked directly with disabled people to develop this fund and to ensure that we give people choices and treat them with the fairness, dignity and respect they deserve.”

Social Security Minister Jeane Freeman said:

“Disabled people must be given the support they need to live the life they choose.

“Our Disability Action Plan lists 93 actions to transform the lives of disabled people in Scotland and that includes actions setting out to tackle the inequalities and barriers faced by disabled young people, including tackling social isolation and improving lives at points of transition.”

The Ministers visited Upward Mobility to launch the fund, meeting young disabled people who receive training and support at the centre in Edinburgh.

Susan Douglas-Scott, Chair of the ILF Scotland Board, said:

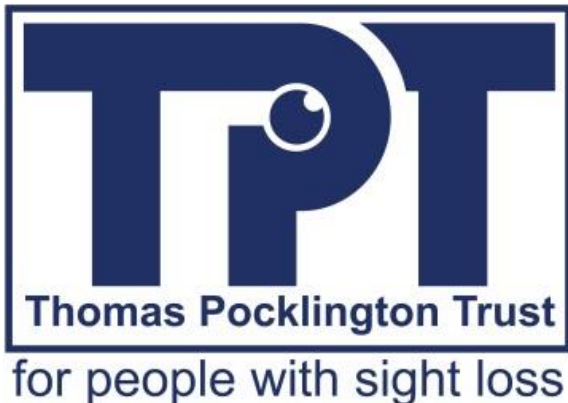
“We are delighted that Scottish Government has committed extra funding of £5 million to provide a real opportunity for young disabled people, to create a lasting impact on their lives.

“I would like to thank members of the ILF Working Group for their enthusiastic support throughout the co-production of this new ILF scheme.

“At ILF Scotland we will ensure our implementation of the new scheme will continue to put disabled people at the heart of what we do.”



## LAUNCH OF ONLINE HOUSING GUIDE FOR VISUALLY IMPAIRED PEOPLE LOOKING FOR A NEW HOME

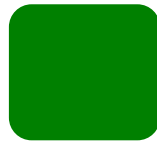


Leading sight loss charity Thomas Pocklington Trust (TPT) has developed an innovative online housing guide designed to assist younger adults with visual impairment find a new home.

The [Housing guide for people with sight loss](#) – launched in July – provides information and advice for visually impaired people who are looking for a new home, seeking to live independently for the first time or experiencing problems in their current accommodation.

It covers everything from student housing and tips for living in a shared house to the moving process, assistive technology and support for living independently and more.

The guide, funded by TPT and written by researchers Imogen Blood, Dianne Theakstone and Ian Copeman, is the result of a study on housing advice for younger adults with sight loss, which found there were many resources available online but that it was hard to find the information and there was a lack of peer advice. The guide was developed to bring all this information together in one easy-to-access location.



It was co-produced with people with sight loss and shares personal experiences of visually impaired people who have different life circumstances, provides useful suggestions and signposts to over 100 sources for further advice.

TPT has also conducted a wider project on housing which includes two other research reports: 'Housing and Independent Living: Synthesis of scoping research for Thomas Pocklington Trust'; and 'Evaluation of a Housing Brokerage Scheme for younger adults with visual impairment'.

**Dr Lynn Watson, Head of Research at Thomas Pocklington Trust, commented:** "We wanted to develop a tool that would enable younger adults with sight loss to find information themselves and empower them to live independently when looking to change their living circumstances. The tool will also be a useful resource to any housing organisation, authority or support service involved in helping a visually impaired person to find a suitable home."

**Imogen Blood, Director of Imogen Blood & Associates, commented:** "We have developed a single portal where links to all of the up-to-date information have been brought together in one place, along with housing-related peer advice, including podcasts in which people with sight loss give advice on different housing situations they have been in. Working together with younger adults with sight loss gave us a really useful insight we have integrated into each section of the guide."

You can find the [Housing guide for people with sight loss here](#).

For more information please email: [research@pocklington-trust.org.uk](mailto:research@pocklington-trust.org.uk)





## Become an Inspection Volunteer



Passionate about good care? The Care Inspectorate are looking for people to help them carry out their work. They would like people who use care services and their family members to help make sure care in Scotland continues to improve, by becoming an inspection volunteer.

Inspection volunteers are members of the public who use a care service, have used a care service in the past or care for someone like a family member or friend who has used a care service.

Volunteers help the Care Inspectorate get the views of people using care services.

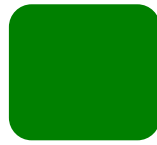
They work closely with the Care Inspectorate's teams of specialist inspectors and together they help spot where things need to improve, help keep people safe and ensure that the rights of people receiving care are respected and their needs met.

After a programme of training and induction, you will spend time with service users and carers during inspections and ensure their views are reflected accurately in the inspection. Travel and expenses are paid.

For more information, please visit:

<http://www.careinspectorate.com/index.php/get-involved-with-the-care-inspectorate/10-organisation/2352-become-an-inspection-volunteer>





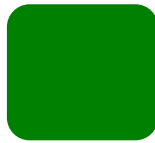
## Would you like to appear on The One Show?



The One Show is making a film looking at some of the issues disabled people face when using public transport including trains, trams, buses, taxis, the tube and planes.

The One Show is looking for people to record short videos on their phones or cameras when they encounter a problem; for example no help getting off transport (even though pre-booked); accessible toilets being out of order, luggage being left in spaces for wheelchair users or 'talking' signposts or buses not working etc.

Anyone interested in finding out more or sending a video can contact Laura Pennington on 0161 335 8902 or [laura.pennington@bbc.co.uk](mailto:laura.pennington@bbc.co.uk)



## SDEF Easy Read Service

The Scottish Disability Equality Forum provide a professional and efficient Easy Read service to all sectors, as part of our commitment towards improving access to information for all.



### What is Easy Read?

Easy Read is an accessible format that makes written information easier to understand. The Easy Read format is easy to understand because it uses simple, jargon free language, shorter sentences and supporting images.

### Why produce Easy Read documents?

Easy Read documents make information more accessible to people with learning disabilities. They can also be useful for people with other communication difficulties including:

- acquired brain injury
- dyslexia
- people with hearing impairment whose first language is British Sign Language (BSL)
- people who do not speak English as their first language
- people who find reading difficult
- people with cognitive impairments such as dementia.

### The Equality Act

The Equality Act (2010) requires organisations to produce information in an accessible format. Easy Read can ensure that disabled people have equal access to information and are not discriminated against.

### Who do I contact?

For more information about the Scottish Disability Equality Forum Easy Read service, please contact us by telephone or email:

Telephone: 01259 272064

Email: [admin@sdef.org.uk](mailto:admin@sdef.org.uk)



# Your Membership Matters

Your

Membership

Matters



Below is a reminder of what we offer our members. If you would like to find out more then please contact us.

## Support and Signposting

We answer many member enquiries and signpost them to the appropriate organisation, individual or information source.

## Networking Opportunities

We make introductions to key decision makers and contacts and make sure members have frequent opportunities to meet and network with relevant audiences. We help members make the right connections.

## Your views, experiences, and expertise

All our policy is formulated directly from our member's views, experiences, and expertise. We believe that our members are the experts.

We respond to all relevant Scottish Government, parliamentary, think tank and other consultations. We regularly ask our members for their views on many diverse policy issues which then directly feeds into our policy work and government consultation responses.

## Information Leaflets

We provide information leaflets on the projects we are working on. You will receive a copy of our leaflets in your Members Welcome Pack. If you require any additional copies, please call the office to request this or alternatively they can be downloaded from our website.



## Our Sponsors

Scottish Disability Equality Forum would like to take this opportunity to thank our sponsors whose logos are featured below. We are very grateful of their continued support for the work that we're doing.

Did you enjoy this newsletter? Do you have any suggestions or comments? Do you have an article you would like to appear in the next issue? Get in touch with us if you do. Our contact details are at the bottom of this page.

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