

Thurrock Care occasional newsletter

Feb2000



Hello! Welcome to 'CAN', Thurrock Care's first newsletter of the 21st century. Grab a cup of tea, and have a flick through...

CONTENTS:

- **E-mail:** Your son/daughter/resident now has their very own E-mail address! Swap messages, photos, art, sound and music via the web. If you can't, pass it onto a friend who can.
- **Our equipment for free loan:** Some of which you will find no where else in the world - uniquely invented or adapted here.
- **P.C.P.s:** Person Centred Plans.
- **Disability News:** Useful contacts this time. Articles in future.
- **Boring Boring Arsenal!:** Paul Beever went recently - and loved it, despite what people say. Entrance is completely free!

E-mail:



Everyone at Thurrock Care now has their own E-mail address. This is a great way of keeping in touch for those who have the technology. If you know any friends or family of your son/daughter/resident, who might like to communicate in this way, please forward them this list, or send me their E-mail address:

the ladies:

Gillian@thurrockcare.freemove.co.uk
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Patricia@thurrockcare.freemove.co.uk
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Wayne@thurrockcare.freemove.co.uk
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Hope to pass on some messages soon...

Equipment for free-loan:



At Thurrock Care we have a wide range of enabling equipment, some of it uniquely created here, doing nothing on weekends and evenings. Switch skills are always worth encouraging, as more and more activities are becoming accessible with advances in technology. We'd be more than happy to lend out the following equipment:

'REACT-1' SWITCHING UNITS:

These little boxes allow any electrical device with a standard plug ending to be switched on and off using a wide range of sensors or switches. We use these to help get people involved in cookery sessions, where one press of a large switch can switch a food mixer on and off. Equally, lights, vacuum cleaners, drills, radio-cassette players, colour-wheel projectors, etc. can be controlled.

'THURROCK CARE SWITCH PROGRAMMES' (BBC Micro computer):

These are very easy to get going, even if you've never used a computer before. Once set-up, one switch can: Throw dice • pick Yes or No • Speak a sentence you type in • Pick lottery numbers • run a game of bingo • pick from a sweep-stake, etc. There is also a talking-type writer and music keyboard for people who can use a keyboard and 'Biorhythms'.

There are two set-ups available for weekly/monthly loans. If people find them desirable, we can build systems to sell.

10-PIN BOWLING-BALL KICKERS:

These sit on top of the ramps that most bowling alleys supply. One helper continuously adjusts the angle of the ramp, letting go as soon as the player presses their switch, this being *their* aim, whether luck or judgment. The device then kicks the ball down the ramp, and hopefully into the skittles.

We have one device which works at Mega Bowl in Widford, Chelmsford and one device that works at Hollywood Bowl in Basildon, and at the Kursaal, Southend.

SONY PLAYSTATION INTERFACE:

Not sure if we'd lend out our current set-up, but we would lend out our basic switch interface and software. One switch can be set to control a music CD (Pause/Play or skip, etc.); create music using the superb 'Fluid'; partially control a banger car; spin a roulette wheel; and so on.



DOG'S SYSTEM:

We use this at Crayford and Romford dogs. It's simply an electronic dice and switch, matching to a book of the six dogs, individually coloured and numbered, with a page at the back with them all racing out of the traps at once. We turn the pages slowly, reading out the dog's name, and a little bit of form. If people don't make a clear reaction (smile, flash of eyes etc.), we give people the option to use the dice to pick a dog at random.

The simplest system, is for people to pick a dog, then put a '£1 to win' bet on that dog, although there are different systems we use to give people the chance to win more from a £1. Romford dogs stadium hasn't got great views inside, so wrap up warm to watch them outside. Even if people don't want to play, the atmosphere is almost always great.

This is an open-ended offer, so feel free to take us up on it whenever...

PCPs: Person Centred Life Planning



We have recently embarked on a process of Person Centred Life planning at Thurrock Care.

It is hoped that initial planning meetings will have been undertaken with all of our service users by the end of March 2000. Subsequent, and more detailed, interviews will then be arranged through the summer.

The process asks for all involved in the care of our service users to have an opportunity to contribute to our overall picture of the individual; with particular emphasis to their dreams, wishes and aspirations.

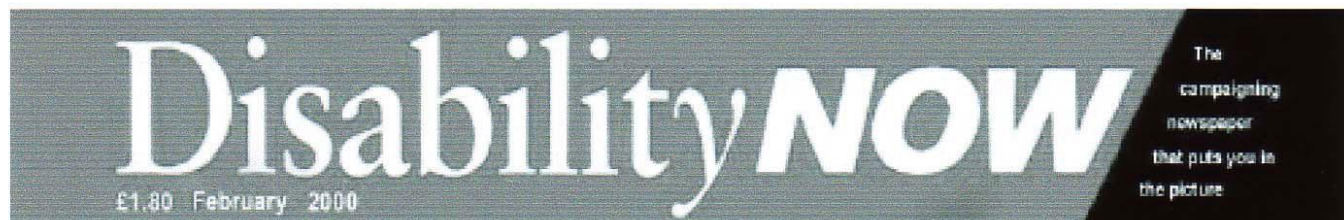
Most importantly, we hope to give service users a voice and B.A.T.I.A.S. (Basildon and Thurrock Independent Advocacy Service) have agreed to support individuals to ensure they are fairly represented.

We are hopeful that this activity will help us to really know the people we work with. This should assist tremendously as we continue to match activities more closely to people; just "doing" is not enough, people should be offered activities from which they experience genuine pleasure.

Disability News:



We have just started a regular **disability issues** session, within our news group at Thurrock Care. Changes in law, new technology, seeing people in the public eye who have disabilities, anything relevant at all is discussed in as clear a way as possible, using pictures and video where available.



web site: www.disabilitynow.org.uk

We have a monthly subscription to the excellent **Disability NOW** newspaper, which is free to individuals on means-tested benefits.

Telephone: 0171-619 7317 or E-mail: editor@disabilitynow.org.uk

Teletext: There are two fine Television TELETXT pages on Disability issues, which detail events and news: **CSV Disability** on page **654** (BBC2) and **Dis.ability** on page **468** (Channel4).

Internet: There are hundreds of interesting sites on the internet. Many Libraries now have access you can book up, otherwise, you are welcome to use our Apple Macintosh to look up anything disability related. Be warned - our current connection is s...l...o...w...

The BBC's disability news web-pages: www.bbc.co.uk/radio4/disability

Royal National Institute of the Blind: www.rnib.org.uk

Royal National Institute of the Deaf: www.rnid.org.uk

Government 'disability on the agenda': www.disability.gov.uk

The Direct Action Network (activists): www.disabilitynet.co.uk/groups/dan

Art created by people with disabilities: www.ndaf.org

Naidex Show (each May at the NEC, Birmingham): www.naidex.co.uk

RADAR (excellent links under 'Information'): www.radar.org.uk

Enabling equipment from Australia: www.achievableconcepts.com.au

boring boring arsenal!:

Finally, if anyone is interested, we recently went with ~~Paul Brown~~ to see Arsenal play Newcastle at Highbury, which he appeared to really enjoy. Tickets are completely free for wheelchair users and their carer, with pitch-side spaces for 200 wheelchair users. There are disabled toilets, free rain-macs if needed and also facilities for the blind and hard of hearing. **Arsenal Club: 0171-704 4040; Arsenal Stadium, Avenell Road, Highbury.** Ask for tickets in the wheelchair enclosure.

If you have anything you'd like to see in the next 'CAN' - please contact us. Until next time - Bye-bye...