



DRC NEWS

Spring/Summer 2015

Disability Resource Centre

WHAT'S BEEN HAPPENING AT THE CENTRE

Welcome to the Spring/Summer edition of the newsletter it comes around really quickly but we can now look forward to light nights and warmer weather.

The Centre is about to go through some major refurbishments in the next couple of months, we are creating a new contemporary entrance giving a professional and inviting look to front of the building, we will be reconfiguring the office space and we are also carrying out work to the workshops to enable us to take in two vehicles at a time thereby increasing the volume of work and decreasing the waiting time for car adaptations. Once all the work is completed we hope to have a grand open day keep an eye out in the local press for details.

If your organisation/group requires a talk on the work of the Centre please give us a ring when we will be more than happy to come along.

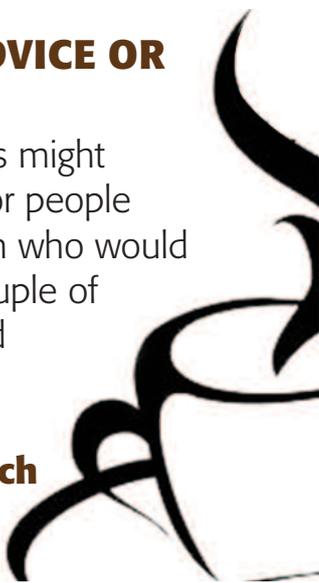
Sue Edwards – Manager.

COFFEE AND MORE

BORED, LONELY NEED SOME ADVICE OR WANT TO HELP OTHERS?

Then our new coffee and more mornings might be just what you need. We are looking for people who have a disability or chronic condition who would be interested in getting together for a couple of hours once a week for a cuppa, cake and a chat.

If you are interested or would like more information please get in touch with Emmy or Lyn at the Centre on 01745 448288.



What's on?

Workshops:
As part of our information service in Denbighshire we are planning on holding a series of mini workshops providing free information, advice and guidance on a range of subjects.

Our first workshop is on
Thursday 23rd April
– DOORSTOP SCAMS

How to stay safe and avoid being a victim.
Spaces are limited so to avoid disappointment ring early and book a place.
Tel: 01745 448288

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NEWS AND VIEWS

Orange Wallet Scheme



The Orange Wallet has been designed for people who would like support to communicate with staff when using buses or trains, especially those with an Autism Spectrum Disorder.

What is it? It is a wallet that contains plastic pockets. The pockets are designed to hold words and pictures that will help you to communicate your needs to transport staff. The words and pictures are interchangeable.

How is it used? You can show the wallet and inserts to staff to support your communication or when you need help. Transport staff are aware of the Orange Wallet scheme and will realise that you need support.

How to create words and pictures, there are templates available that you can use, or you can create your own pocket inserts by cutting paper to 90mm by 60mm size. Templates can be downloaded from each transport provider's website. Wallets are available at local libraries.

In an emergency it is advisable to have details of the person you would want to be contacted in an emergency written in the wallet. The wallet can be shown to a member of staff to indicate that help is needed.



On the 5th December Diverse Cymru held an event to look at the state of equality in Wales.

The event involved 50 decision makers and equality chief executives. The aim of the day was to come up with 3 recommendations for the following,

- Health and social care
- Welfare reform & poverty
- The role of the media

The facilitators on the day sought views of those present along with questionnaires sent out prior to the day finding out where we are and what has and has not worked well. A full report will be published soon with the outcomes. Diverse Cymru would also like to hold a similar event in North Wales so if you would like to be involved

contact Michael Flynn on 029 2036 8888 or email michael@diverseecymru.org.uk

Q: What do lawyers wear to court?

A: Lawsuits!

ANOTHER MERSEY BEAT

Having been faced with the prospect of a more sedentary lifestyle due to the diagnosis of Multiple Sclerosis, the question of 'what now for a hobby' sprang to mind.

As it turned out there was really no need to worry, I could not remember a single person telling me 'I used to go fishing', it was just not a phrase that had ever been uttered. Fishing, you see, is a condition or rather a state of mind and more than just a hobby.

So then this 'state of mind' had its beginning, for me anyway, at what we used to call the 'pump house' at Talacre. This piece of infrastructure was in fact a brick built edifice that helped to control the level of ground water in and around lower Prestatyn, or at least that was the commonly held belief of a group of thirteen year olds and budding anglers that I belonged to in the early seventies of the last century.

This then was the venue for my own, and others I suspect, first success in fishing thereby spawning a lifelong hobby and, with that, some lifelong friendships along the way.

Having completed the circuit of fishing ponds along the 'old Rhyl roads', many a hot summer day

spent catching Rudd using bread flake and maggots up to the tidal stretches of the river Clwyd catching flounder, eels and the occasional Sea Trout employing the local mud inhabiting Ragworm as bait, this particular journey has led me to it's almost natural conclusion of sea fishing from boats in both the Irish Sea and the tidal stretches of the River Mersey in the Winter.

To allow access to this world of sea fishing while afloat the services of mainly Rhyl based boats are used although of course the beauty of this hobby is, if there is some coastline nearby then let's fish.

Over the years many things have been written about fishing, the fish, what equipment to use, what bait to use, what time of day, what type of weather, what fish to try for, is the tide in or out, what clothes to wear, are you hooked yet? Sorry no pun intended.

Give a man a fish and feed him for a day, teach a man how to fish, feed him for life. With the preceding comment ringing in the memory I recently went on a trip on a boat aiming to catch some Cod on the River Mersey.

The trip had been booked for a Saturday in December so armed with a selection of bait that should be of interest to all but the most fastidious of eaters from the fish world, there aren't too many of them about in the Winter It has to be said.

Getting to the marina in Liverpool where the boats overwinter is easy enough and we were soon going through the lock to get into the Mersey, a boat full of expectant anglers still dreaming of 'the big one' just as we had done all our lives. Sitting in the boat waiting for the water levels to equalize between lock and river the nervous expectancy rises within the boat while setting up your rod and line baited with whatever is necessary to tempt your target, today was going to be cod fishing so the bait of choice was Lugworm purchased from a tackle shop in Rhyl the day before.

Just a short distance from the lock gate and the assembled anglers began fishing demonstrating not only the skills onboard but also some of the finest wet gear available in the world of outdoor sports, there wasn't long to wait for the first 'bites' and soon a steady stream of Whiting was coming aboard.

The Whiting, a member of the Cod family, is a fairly dependable fish and can usually be caught when most other fish show reluctance 'take' a baited hook.

Simon, our skipper, told us that there had been a number of Cod caught in the preceding few days and he had caught a ten pounder himself once he had all the paying customers fishing a few days before.

After a short time at a mark close to Otterspool promenade and because the bites had slowed down Simon called 'lines up let's try another spot', that really is good customer care as Simon is more than aware happy anglers do come back. So, after a short sail down the Mersey we once again dropped our baited traces through the tide race and were fishing again.

Not long to wait here and a steady stream of codling started to get fooled into taking the baits presented to them, with plastic buckets, each man has his own, getting filled and a general feeling of both achievement and contentment, it really is so easy to keep a boat load of anglers happy, just make sure they are catching, it almost doesn't matter what they are catching so long as they are busy.

The fishing carried on for some four hours and it was time to get back to the Marina and drive home.

So then, a good days fishing for everyone, no seasickness, no rain and some fresh fish to bring home and at nearly twenty pound a kilo for cod at our local supermarket fish counter not a bad result.

'Is there some room in that freezer at home?' is all that went through my head on the drive home, happy days.

RECIPES

MINTY LAMB WITH WARM VEG SALAD



COOKING TIME

Prep:	10 mins
Cook:	30 mins
Skill level:	Easy
Servings:	Serves 4

1. Heat oven to 220C/fan 200C/gas 7. Mix together the carrots, parsnips and onions in a roasting tin with 1 tbsp oil, then roast for 15 mins. Toss in the beetroot, drizzle with 2 tbsp balsamic vinegar, then roast for 15 mins more until just tender.
2. Meanwhile, heat 1 tbsp oil in a non-stick frying pan. Fry the chops for 6-8 mins, turning halfway, until cooked to your liking. Whizz half the mint in a small food processor with the remaining vinegar and oil, then season. Add a little water if the mixture is a bit thick. Toss the remaining mint with the roasted veg, then season and serve alongside the chops, drizzled with mint sauce.

INGREDIENTS

- 3 carrots, peeled, cut into sticks
- 3 medium parsnips, peeled, cut into sticks
- 2 red onions, peeled, cut into wedges
- 2 tbsp olive oil
- 3 large cooked beetroot, cut into wedges
- 3 tbsp balsamic vinegar
- 4 lamb chops, trimmed
- small bunch mint, roughly chopped

RED LENTIL & CARROT SOUP



COOKING TIME

Prep:	5 mins
Cook:	20 mins
Skill level:	Easy
Servings:	Serves 2

1. Put the kettle on to boil while you finely slice the onion. Heat the oil in a medium pan, add the onion and fry for 2 mins while you slice the garlic and dice the carrots. Add them to the pan, and cook briefly over the heat.
2. Pour in 1 litre of the boiling water from the kettle, stir in the lentils and stock cube, then cover the pan and cook over a medium heat for 15 mins until the lentils are tender. Take off the heat and stir in the parsley. Ladle into bowls, and scatter with extra parsley leaves, if you like.

INGREDIENTS

- 1 white onion, finely sliced
- 2 tsp olive oil
- 3 garlic cloves, sliced
- 2 carrots, scrubbed and diced
- 85g red lentils
- 1 vegetable stock cube, crumbled
- Generous sprigs parsley, chopped (about 2 tbsp) plus a few extra leaves

DAILY PILL MAY HELP ASTHMA SUFFERERS

ASTHMA SUFFERERS MAY BE BETTER OFF TAKING A DAILY TABLET RATHER THAN USING AN INHALER, ACCORDING TO NEW RESEARCH.

Academics say a pill that is rarely prescribed in Britain is just as effective at controlling the long-term breathing condition as traditional inhalers.

But because it is easier to take and users feel less self-conscious about doing so, asthma sufferers were found to be far more likely to stick with the medication.

That means it could save the health service money by resulting in fewer emergency hospital admissions, even though the tablets known as LTRAs are at £300 a year more three times as expensive as inhalers.

Prof David Price from the University of Aberdeen and the University of East Anglia, who led the study, said: "We hope these findings will increase the options for healthcare professionals when prescribing for this common but disruptive disease. "We found that adherence to treatment was vastly improved - by as much as 60 per cent - when patients were given the once-a-day LTRA tablets and patients did not have to worry about using appropriate inhaler techniques."

Co-researcher Dr Stanley Musgrave, from Norwich Medical School at the University of East Anglia, added: "LTRAs are easy to use and can help patients control their asthma effectively and improve their quality of life."

Asthma, caused by narrowing of the airways in the lungs and leading to breathlessness and wheezing, often develops in childhood and affects at least 5 million Britons.

Many sufferers use a daily inhaler to take drugs to control their symptoms, as well as a separate one in case of severe attacks, and according to the health watchdog Nice the cheapest sort costs as little as £79 a year. They use steroids to reduce inflammation in the airways.

Tablets called Leukotriene Receptor Antagonists (LTRAs) have long been on the market as an alternative to inhalers but they are currently only

recommended as a third or fourth option on the NHS so are rarely prescribed. A year's worth of tablets, marketed under the name Singulair, costs £324.

However the new paper, published in the respected New England Journal of Medicine, claims that the pills are just as effective as inhalers as well as being easier to take.

The authors followed 650 patients with chronic asthma for two years, and found the tablets were just as good at managing mild symptoms while users were up to 60 per cent more likely to keep taking them than using their inhalers daily. They also improved the condition of those with moderate symptoms when used alongside an inhaler.

Dr Samantha Walker, director of research and policy at the charity Asthma UK, said: "Inhaled treatments are safe and effective for the majority of people with asthma, however this authoritative study reveals preliminary evidence that non-steroid daily tablets can provide a realistic, alternative choice of treatment for some of the 4.3 million adults with asthma in the UK.

"Asthma is different for each person and treatment options should reflect the diverse and complex needs of the individual. This study shows that for some adults with asthma a non-steroid daily tablet can be as good as inhaled steroid asthma medicines. "Our advice to people with asthma would be to continue taking their medicines as prescribed and speak to their GP if they feel their asthma needs reviewing."



BEING OVERWEIGHT LINKED TO DEMENTIA

The study says 1.6 billion adults are overweight worldwide Middle aged people who are overweight but not obese, are 71% more likely to develop dementia than those with a normal weight, according to research.



Previous studies have indicated a link between obesity and dementia. But a study of 8,534 Swedish twins, in the journal *Neurology*, suggests just being overweight is also a risk factor.

About one out of every 20 people above the age of the 65 has dementia. The Alzheimer's Society said a healthy lifestyle could reduce the risk.

Those with a body mass index (BMI) - which measures weight relative to height - greater than 30, who are classified as obese, were 288% more likely to develop dementia than those with a BMI between 20 and 25, according to the study.

The clinically overweight, who have a BMI between 25 and 30, were 71% more likely.

Dr Weili Xu, from the Karolinska Institute in Stockholm, told the BBC: "We found in this study that being overweight is also a risk for dementia later in life."

"The risk is not as substantial as for [the] obese, but it has public health importance because of this large number of people worldwide who are overweight," Dr Xu added.

The study says 1.6 billion adults are overweight worldwide.

Alzheimer's Society head of research, Dr Susanne Sorensen, said:

"This robust study adds to the large body of evidence which suggests that if you pile on the pounds in middle age, your chances of developing dementia later in life are also increased.

"By eating healthily and exercising regularly, you can lessen your risk of developing dementia."

Alzheimer's Research UK head of research, Dr Simon Ridley, said:

"This study adds to existing evidence that excess weight in middle age could increase our risk of developing dementia.

"It's likely that dementia is caused by a complex mix of genetic, environmental and lifestyle factors. However, we still need to know much more about the causes of dementia if we are to find an effective treatment that is so desperately needed."

Aberconwy Talking Newspaper



Every week in a fully equipped recording studio a group of volunteers record the local news, taken from Wales Weekly News, Copy the recording on to USB sticks and send them via the post to listeners with sight problems across North Wales and beyond.

In addition every 2 weeks, the recording also includes a magazine with news of local clubs and organisations, lively stories and poems and details of what's on in the local area. The service is free to everyone with sight problems, so if you would like to know more you can phone 01492 871089 and leave a message with your name and contact details on the answerphone or you can write to **The Chair, Aberconwy Talking Newspaper, 20 Augusta Street, Llandudno, LL30 2AD**

Q: What do you call a fake noodle?

A: An Impasta

Thousands may have Undiagnosed Autism

BY JOHN VON RADOWITZ

Many thousands of adults in the UK may have autism without knowing it, research suggests. A survey conducted in England found that around 1% of adults met the diagnostic criteria for an autistic spectrum disorder. But not a single one of those identified realised they were affected by the condition.

Autism covers a range of developmental handicaps, including Asperger's syndrome, which impair a person's ability to communicate with and relate to others. Individuals with autism can be affected in a wide range of different ways. While some need full time support, others manage to live almost undisturbed by the condition.

The research found autism was more common in men, people without higher educational qualifications, and those living in social housing. Scientists carrying out the survey, the first study of autism prevalence in a general adult population, conducted 7,461 screening interviews in 2007. The new findings, published today in the journal Archives of General Psychiatry, confirmed previously reported data showing that 9.8 per 1,000 adults in England had autism. They revealed no evidence of an "autism epidemic" or increasing rates of the condition. But the study did show that none of the

identified cases of autism had previously been diagnosed.

Lead researcher Professor Traolach Brugha, from the University of Leicester, said: "It is very concerning that none of the cases we confirmed using rigorous diagnostic assessment methods in the community knew that they had the condition or had an official diagnosis.

"As in all community surveys it is of course likely that most of the cases we found were relatively mild and few were severe. We know that severe autism particularly when accompanied by learning disability is much more likely to be recognised. We are beginning to provide training to psychiatrists in the diagnosis of autism spectrum conditions in adulthood through the Royal College of Psychiatrists Education and Training Centre, London."

Applied to the UK as a whole, a 1% prevalence rate would mean around 600,000 adults have diagnosable symptoms of autism.

The research suggests very many of them will not know they suffer from the condition. Initial findings from the survey were first reported in 2009 and attracted considerable media attention.



Now that Spring is on its way it's time to dust off your mobility scooter and get out and about...

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Resource Centre to book in - 01745 448288**

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£45**

Launch of Welfare Rights Service for people with sensory loss

Posted on: February 13 2015

RNIB Cymru has launched an innovative specialist welfare rights service for people across Wales who are living with sensory loss and facing poverty and social exclusion. The service was awarded almost a million pounds by the Big Lottery Fund and will be officially launched by the Communities and Tackling Poverty Minister, Lesley Griffiths AM at the North Wales Society for the Blind.

The Rights, Advice and Information Service has been designed to address the barriers that blind, partially sighted, deaf, hard of hearing and deafblind people face when claiming benefits. The Wales-wide project will support more than 5,000 people who have sight or hearing loss to claim the benefits they are entitled to receive with a target of securing almost £12 million in unclaimed income. RNIB Cymru will deliver the service in partnership with Action on Hearing Loss Cymru, Sense Cymru and Deafblind Cymru.

A team of advisors will help people to fill in forms, challenge benefits awards and decisions and will also represent people at tribunals. People with sensory loss have helped design the service to ensure that it is truly person centred. The service will be delivered digitally, on the phone, face to face and at home.

Rebecca Hailstones is partially sighted and was refused the new Personal Independence Payment (PIP). An RNIB Cymru Case Officer supported Rebecca at her appeal tribunal hearing and she is now receiving PIP at the enhanced rate for daily living and standard rate for mobility. Rebecca said, ***"This has made the world of difference to me. Thanks to the advice and support I got from the RNIB Cymru service I can now retain my independence and go out and about like everybody else."***

Minister for Communities and Tackling Poverty, Lesley Griffiths, who will officially open the project hub in Bangor, Gwynedd, said: ***"We know the people most affected by the UK Government's welfare changes are those who are already stretched and struggling to make ends meet. Many blind, partially sighted, deaf and hard of hearing people aren't always aware of the benefits they are entitled to receive."***

"This brand new service will help mitigate the impact of welfare reform and tackle poverty in our communities, by ensuring people experiencing sensory loss have access to trusted advisers with the knowledge and expertise to make a real difference to their lives."

Ceri Jackson, Director of RNIB Cymru said, ***"This new service will make a huge difference to the lives of people with sensory loss. It is particularly welcome at a time when we have experienced cuts to services across the UK and people are facing significant challenges in such a difficult financial climate."***

"A third of blind and partially sighted people live in poverty, many do not claim the welfare benefits they are entitled to because of difficulties in the process, lack of awareness, lack of accessibility and fear of being labelled."

"This bespoke specialist service, designed by people with sensory loss will be run by highly qualified staff who will also be experts in sensory loss. This service will increase independence and quality of life for thousands of people across Wales."



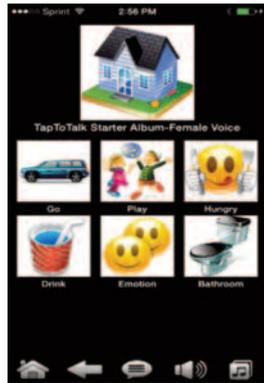
NEWS



Useful APPS.

TapToTalk

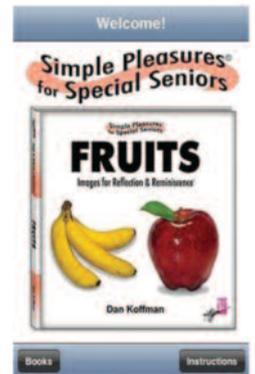
One of the greatest apps for people with Disabilities is the Tap To Talk app, which allows users to do just that, simply tap on the screen to 'talk.' This app turns your device in to an ACC (AUGMENTATIVE AND ALTERNATIVE COMMUNICATION) device, by allowing the user to click on words or symbols to verbally communicate with others. This app is especially helpful for people with autism or cerebral palsy as well as any speech preventing condition, as it moves away from the necessity of sign language towards a more 21st century approach to dealing with disabilities.



Available from the app store.

Alzheimer's Cards

One of the most debilitating afflictions in the world is Alzheimer's disease, due to the slow affect it has on sufferers. This app is designed to help with the disability as much as possible, through stimulating conversation and memories based on the images that are shown on the app. This app is really for the loved ones of the sufferers, who want to remember the mother or father that they used to know. This app is based on real life studies to help the sufferer remember as much as possible.



Available from the app store.

North Wales Service User and Carer Policy Development Group..

If you have an interest in developing mental health policies, why not join the above group. The Health Board consult this group when they are reviewing or writing new policies/ protocols. The Group have recently reviewed the North Wales Observation Policy for use in acute care and the protocol for the control and administration of depot and long acting antipsychotic injections.

Contact Hilary for more information. Phone 01745 818720 or email pacd@unllais.co.uk.

IS THIS YOU...

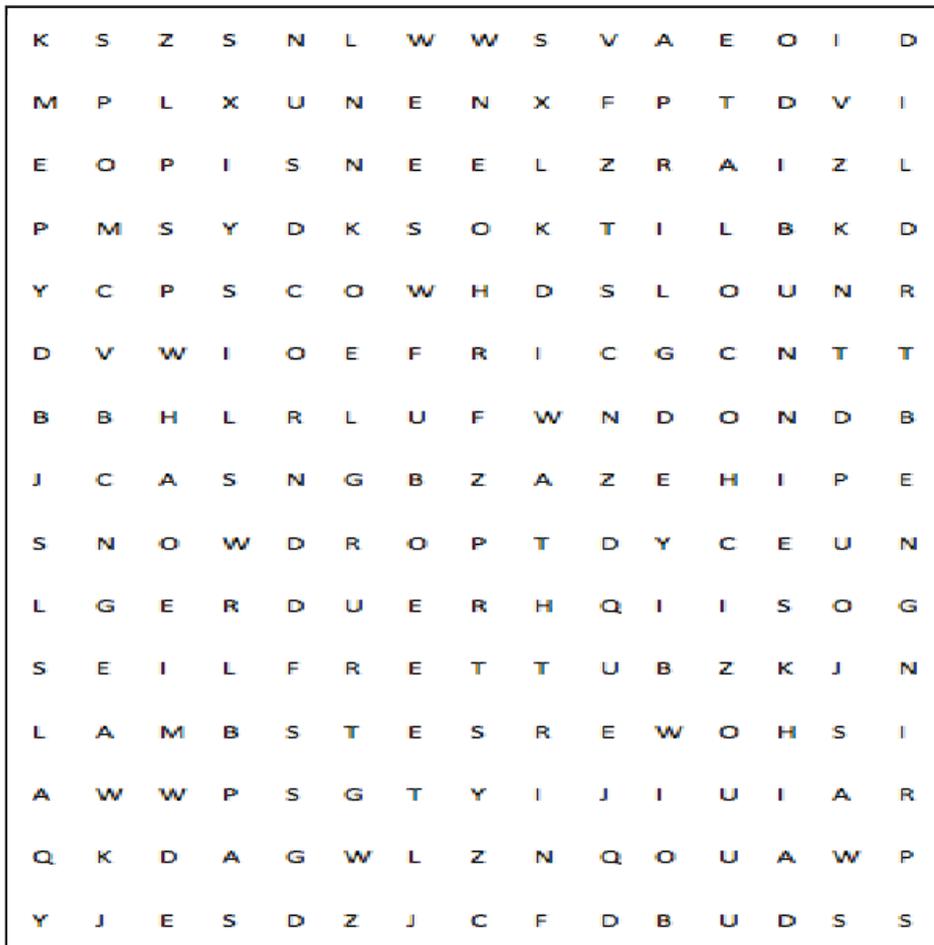
As a charity we depend on a wide variety of help and support to enable us to carry out our vital work supporting those affected by Disability and their families to live independent lives.

Do you think that you could help us?

- ▲ Lend us your Business Skills and become a Trustee
- ▲ Help us as a Volunteer in a variety of roles
- ▲ Fundraise for us or make a Donation



Wordsearch



APRIL; BLOSSOM; BUNNIES; BUTTERFLIES; CHICKENS; CHOCOLATE; DAFFODILS; EASTER; EGGS; FLOWERS; LAMBS; LEEKS; SHOWERS; SNOWDROP; SPRING; SUNSHINE

QUICK QUIZ

- Which planet is closest to the sun?
- How many holes are there in a ten pin bowling ball?
- What is a baby seal called?
- How many valves or keys does a trumpet have?
- How is the number 5 written in Roman numerals?
- What cheese shares its name with an English Gorge?
- In which country is the Louvre Museum?
- Which is the tallest mountain in the world?
- What is the name of Fred Flintstones daughter?
- How many village people were there?
- How many wings does a bee have?
- True or False: All polar bears are left-handed?
- How many arms does a starfish usually have?
- What is the name given to a group of Lions?
- Cats were once sacred animals in what ancient culture?
- Who were the backing group for Bill Hailey?
- In Children's TV, Who had the ability to swap heads?
- What was the name of the cow in "The Magic Roundabout"?
- What type of sandwiches were Paddington's favourite?
- What type of vegetable is a mange-tout?

ANSWERS: 1. Mercury; 2. 5; 3. A Pup; 4. 3; 5. V; 6. Cheddar; 7. France; 8. Mount Everest; 9. Pebbles; 10. 6; 11. 4; 12. True; 13. 5; 14. Pride; 15. Egypt; 16. Comets; 17. Worzel Gummage; 18. Ermintrude; 19. Marmalade; 20. Pea



Mental Health & Debt – Information and Guidance for Individuals and Carers

Debt is a common problem for many individuals and families living with mental health problems. MoneySavingExpert.com have produced a new guide to help those with mental health problems and those who work in the field to deal with issues around debt.

It is not right to simply stop anyone with a mental health issues from getting credit - issues can be temporary or even if not, debt isn't bad, bad debt is bad! A rational decision to borrow is fine and can be an integral part of the modern financial world; mortgages and student loans for example. This guide won't solve problems, but it will help make them easier to understand and deal with. Download it for free at: www.moneysavingexpert.com/mentalhealth

CAR CRAZY

Here are some products that may help to make your journeys more enjoyable.



Panoramic Mirror £19.20

The Panoramic Rear View Mirror improves driving safety and visibility by eliminating blind spots and giving all-lane visibility. Its non-glare convex mirror provides confidence while driving. Installs easily over existing rear view mirror. Size 17 x 2 x 3.1".

Handy Bar £23.95

Security - Independence - Mobility - Confidence - Injury Prevention - Emergency Escape - Universal Fit - Convenient Size and Weight - Non Slip Handle - Patented, Engineered Design The customer can get in and out of their vehicle easily and comfortably with this strong simple device. The Handy Bar, with its soft grip, non-slip handle for extra comfort and super strong forged steel shaft, creates a safe, solid support handle where it is needed. The Handy Bar fits the majority of vehicles with the U" shaped striker. The Handy Bar also incorporates a Seat Belt Cutter and Glass Breaker to help leave a vehicle quickly and easily in the event of an accident The Handybar® inserts into the U-



shaped striker plate on your vehicle door frame. The U-shaped striker plate is one of the strongest parts of the vehicle and is designed to keep your vehicle door closed in the event of a side-impact collision. There is a striker on each of the vehicle's door pillars allowing the Handybar® to be used on both driver and passenger side-doors.

Car Caddie £17.50

Provides assistance for seniors getting in and out of an automobile. Simply roll down your window and put the end of the CarCaddie strap around the top of the window frame. Then snap the buckle in place, adjust the handle height, and roll up the window. Made of durable, long lasting nylon. The rubber cushion grip provides a comfortable gripping surface. The buckle has an ergonomic design making it easy to open and close.



Soft Transfer Seat £17.00

A soft, padded, flexible turning disc ideal for use on car seats, chairs and beds. The Soft Transfer Seat allows a smooth swivel transfer without painful jarring or twisting.



HIRE PRICES

EQUIPMENT	WEEKLY HIRE PRICE	DEPOSIT
Scooter	£60.00	£20.00
Powered Wheelchair	£55.00	£20.00
Wheelchairs	£25.00	£20.00
Rise & Recline Chair	£35.00	£20.00
High Back Chair	£25.00	£20.00
Hoist	£30.00	£20.00
Commode*	£25.00	£20.00
3&4 Wheel Walkers	£20.00	£20.00
Hearing Loop System	£30 per week, Day rates also available	£20.00



Quick Release Steering Ball £29.99

Lodgesons quick release steering ball is the highest quality available on the market. Features include:

- Tilt and rotate keypad
- Easily removable from steering wheel
- Lubricant free design – no more grease or oil!
- Soft touch grip that greatly increases driver comfort

The steering ball can also be purchased on its own as a manual steering aid and has the same great features.

**SUMMERS
ON ITS WAY GET A DRINKS HOLDER
FOR YOUR WHEELCHAIR**

Designed to fit easily and securely on a wheelchair frame, this Single Drink Holder comprises a bracket with a tray at the base and a circular retainer at the top. It will hold a standard drinks can or a variety of different bottles safely in place without the risk of spilling and yet it weighs just 66g (2oz).



Product Specification:

- One Single Drink Holder
- Fits frames of up to 25mm (1 inch) in diameter
- Folds away when not required

Ideal for them hot days while you're out and about to stop the wheelchair user getting dehydrated . Wheelchair bag also available.

Do you have what it takes to be a TRUSTEE? - Charity Registration No: 1078016

Disability Resource Centre is currently seeking new Trustees to join their existing Board.

We are a registered charity established in 1988 to support the needs of people with disabilities and sensory impairments, their carers and families. We pride ourselves on providing a person centered approach to offer practical solutions to support independence and everyday living for all.

If you have some spare time along with knowledge or experience of any of the following: Health & Social Care, Experience of Disability, Management, Finance, HR, Social Media & Marketing, and would like to make a difference to those who live with Disabilities then we would love to hear from you.

Board meetings take place approximately once a month at our Centre in Bodelwyddan, Denbighshire and any out of pocket expenses can be paid. If you would like further information or details on how to apply, **please ring Sue Edwards on 01745 448288 or email sue.edwards@disabilityresourcecentre.uk**

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Denbighshire LL18 5UJ**

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www.disabilityresourcecentre.uk
Email: disability.resourcecentre@wales.nhs.uk**

