

ISSUE 99

WINTER 2015



# VIEWPOINT

A quarterly Newsletter providing information for and about  
people who have a physical or sensory disability



**0161 480 7248**

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# EDITORIAL



Welcome to the Winter edition of Viewpoint!

Where has the year gone? The Christmas holidays are upon us once again and the new year is only a couple of weeks away.

2016 will be an exciting year for us. Disability Stockport, supported by the Big Lottery, will have in place independent living services - more about this in the Spring issue of Viewpoint, when we hope to tell you some more and introduce you to the staff who will be delivering the services.

Look at pages 4 and 5, to find out some of the latest news around integrated care for older people with social care needs and multiple long-term conditions and how you can get involved with NICE - National Institute for Health and Care Excellence.

The Trustee Board, staff and volunteers of Disability Stockport appreciate your involvement with any of our projects. If you'd like to help please contact:

**Kieran McMahon, Director, Disability Stockport, 23 High Street, Stockport SK1 1EG**

**Telephone: 0161 480 7248**

**Fax: 0161 472 8290**

**E-mail: [email@disabilitystockport.org.uk](mailto:email@disabilitystockport.org.uk)**

**Let's make 2016 a year to remember. We can do it if we all work together!**

**Send your news, views and comments to: Barbara Bowden, Disability Stockport Telephone: 0161 480 7248**

**or e-mail: [barbara.bowden@disabilitystockport.org.uk](mailto:barbara.bowden@disabilitystockport.org.uk)**

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**COPY DATE  
for the Spring edition  
15 February 2016**



# **SIGNPOST CARER WELLBEING DAY**

**Tuesday 19 January 2016**

**11.00 am - 3.00 pm**

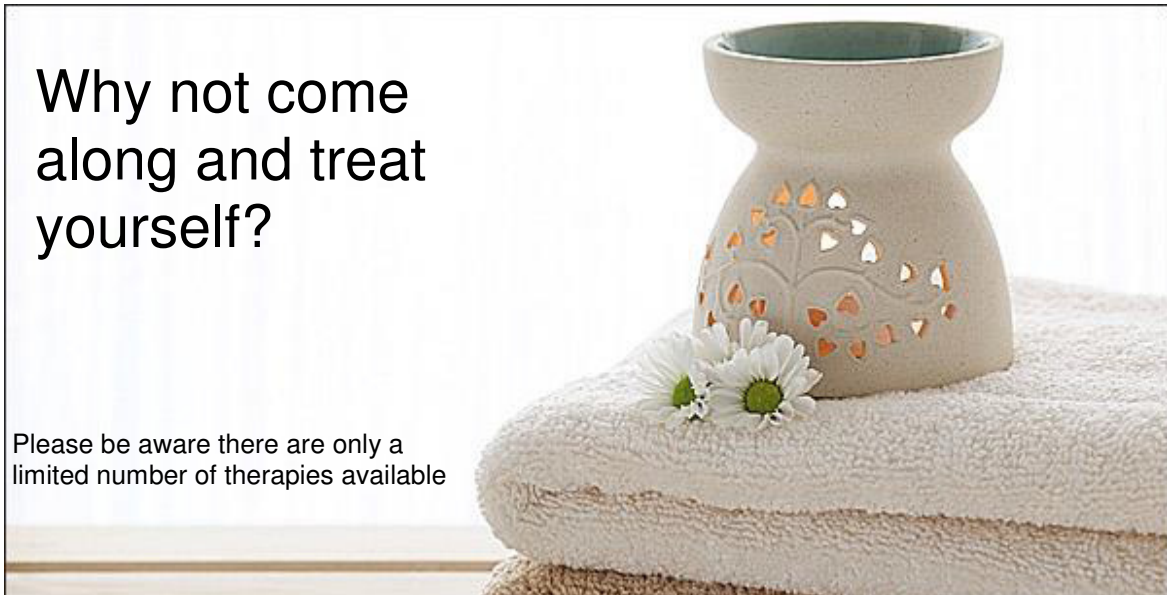
**St Peter's Parish Centre, Green Lane,  
Hazel Grove, Stockport SK7 4EA**

**Admission £3.00 includes**

**Refreshments, Manicures,  
Service Information Workshops,  
Wiltshire Farm Foods-Tasting,  
Health Checks and Therapies**

Why not come  
along and treat  
yourself?

Please be aware there are only a  
limited number of therapies available



**Carers must be registered with Signpost to attend this event,  
if you are not currently registered  
please call 0161 442 0442 for more information**



## **Integrated care "critically important" for older people with social care needs and multiple long-term conditions**

Health and social care services should work more closely together to ensure older people with social care needs and

multiple long-term conditions receive effective care, says NICE (National Institute for Health and Care Excellence).

In latest social care guidance, NICE calls for care to be integrated so that better, more person-centred care can be provided for the growing number of older people with social care needs and multiple long-term conditions.

Many long-term conditions such as dementia, diabetes, heart disease, and cancer are linked with age. Since the population is ageing, the number of people with long-term conditions is set to rise by about 1 million in the next 3 to 5 years.

The best outcomes for older people with social care needs and multiple long-term conditions are improved quality of life, and increased independence, choice, dignity and control. These can be achieved through co-ordinated care that is person-centred.

However, recent reports suggest that care is often fragmented and hard to access, and that some people are being treated as a collection of conditions or symptoms rather than as a whole person.

To help tackle these issues NICE has published a new guideline on older people with social care needs and multiple chronic conditions. The guideline provides services with a framework for acting more effectively so that they can offer appropriate care to those who most need it.

### **Co-ordinated care, planned collaboratively**

Aimed at social care and health practitioners, managers and commissioners, the guideline recommends ensuring that older people with social care needs and multiple long-term conditions have a single, named care co-ordinator who acts as their first point of contact.

The care co-ordinator should lead in the assessment process, liaise and work with all health and social care services, including those provided by the voluntary and community sector, and ensure referrals are made and are actioned appropriately.

Care plans should be updated regularly and at least annually to recognise the changing needs associated with multiple long-term conditions. In addition, health and social care services should ensure they are tailored to each person, giving them choice of control and recognising the inter-related nature of multiple long-term conditions.



## **Integrate health and social care planning**

The guideline also recommends ensuring community-based multi-disciplinary support for older people with social care needs and multiple long-term conditions. This support should recognise the progressive nature of many conditions.

Members of such teams might include a community pharmacist, physiotherapist or occupational therapist, a mental health social worker or psychiatrist, and a community-based services liaison worker.

Elsewhere the guideline calls for health and social care providers to ensure that care is person-centred and that the person is supported in a way that is respectful and promotes dignity and trust.

A number of recommendations are also directed towards care home providers, to ensure the specific needs of people in care homes are catered for.

## **Integrated health and social care is “critically important”**

Bernard Walker, Independent Consultant in social care, health and management, and Chair of the guideline development group, said: “When social care and health practitioners work together well, it helps both people using services and their carers to have choice and control over their care. It also avoids unnecessary duplication of services.

“As a committee, which brought together a knowledgeable group of experts including practitioners, carers and people who use services, we recognised how critically important this issue is. Better integration of health and social care services is best practice to which everyone involved in the care of older people with complex care needs and multiple long-term conditions should aspire.”

Professor Gillian Leng, Deputy Chief Executive for NICE, added: “An estimated 6 million people in England aged 60 and over are living with more than one long-term health condition.

“As the number of older people in society increases, this figure is expected to rise too. A recent report by Age UK warned that a further one million older people in England could be living with multiple long-term conditions by 2020. This will inevitably put pressure on health and social care services and our new guideline highlights ways to best address the growing needs of this group.”

Healthwatch organisations and national patient, carer and voluntary organisations are welcome to get involved in the development of NICE guidance. In order to do this for clinical, public health, social care guidance and quality standards, you will need to register as a stakeholder organisation for the specific topics of interest to you.

You can register at NICE stakeholder registration.

**For more information about how to get involved with NICE’s work visit their website. NICE is also on Twitter - for news and updates please follow @NICEComms.**

Extract from NICE Public Involvement Programme Update (December 2015)



# TRADING STANDARDS UPDATES

## Lots happened on 1 October 2015!

**The Consumer Rights Act 2015** brings together a number of consumer rights under one piece of legislation. It clarifies your rights if goods are not correctly described, not fit for their intended purpose, or not correctly installed as part of a contract for goods and services (eg, double glazing, new boiler, car repair, etc). In those cases you can:

- reject the goods at any time within 30 days of purchase if the item is faulty, then you can get a refund (except for highly perishable goods such as fresh flowers, food etc).
- During the first six months of ownership: if the faulty item can't be repaired or replaced, then you're entitled to a full refund, in most cases.  
Up to six years from purchase: if the item can be expected to last up to six years you may be entitled to a repair or replacement, or, if that doesn't work, some of your money back.

Beware - If you buy in a shop, at a car dealership or in any other retail establishment you don't have a legal right to a refund or replacement if you simply change your mind or the item doesn't fit, or you no longer want or need it. In other words you do not have a right to cancel. [See below for cancellation rights in limited circumstances]

If the goods are faulty though, you have the above rights to reject, repair etc but there are some rules about what is practical and you can't expect a repair if it would be too costly (you may be entitled to a refund or part refund instead). You can find more information on the Citizens Advice website at [www.citizensadvice.org.uk/consumer/](http://www.citizensadvice.org.uk/consumer/)

You have a right to cancel goods that you buy online, or from telesales, or if someone gets you to agree to buy something while they are at your home. You have 14 days to cancel in those limited circumstances. Be very wary of anyone asking if they can start work straight away, they may be trying to remove your 14 day cooling off period!

For advice on your rights if you have bought goods that are faulty you can ring the **National Consumer Helpline** on **03454 04 05 06, Monday - Friday, 9 – 5pm.**

**Sale of nicotine inhaling products to Under 18s becomes illegal.**- It will be a criminal offence for retailers to sell nicotine inhaling products (e-cigarettes and refills etc) to anyone under 18. This will bring the law into line with the restriction on selling tobacco products to under 18s.

**Smoking in a vehicle with an Under 18 aboard becomes illegal** – the smoker and, if different, the person driving will commit an offence and could be given a Fixed Penalty Notice of £50.

# STAY WELL THIS WINTER



It's well known that as the temperature falls, health problems rise especially for elderly people, or those with a chronic illness such as heart disease and asthma. But you can take steps to reduce your own risk of becoming a statistic and one of the most effective ways of doing this is to keep yourself warm as the weather outside turns colder.

Colder homes have a significant impact on people's health so have your home heated to 18c, although during the day you may prefer your living room to be slightly warmer. Make sure to keep your curtains and doors closed to block out any cold draughts.

If you can't heat all the rooms you use, heat your living room during the day and your bedroom just before you go to bed. It's a good idea to keep your bedroom at 18c all night, if you can, and don't have your bedroom window open for fresh air especially when it's very cold. You can also use a hot water bottle for that extra bit of warmth.

During the day wear lots of layers of thin, loose-fitting clothing, rather than one chunky layer, because the layers will trap your body heat and help keep you warm. Having at least one hot meal and plenty of hot drinks throughout the day is another good way of making sure you stay warm. It's best to check you have enough food in to see you over a cold spell.

Keeping active will also help and that doesn't necessarily mean running around! If you are mobile, make sure that you don't sit still for more than an hour or so at a time - just getting up and making yourself a hot drink will do the trick.

## **Make sure you get your flu jab - take up in Stockport has been low so far**

The flu virus strikes in winter and it can be far more serious than you think. Flu can lead to serious complications such as bronchitis and pneumonia, and it can be deadly.

The flu jab is FREE if you're aged 65 or over, or if you have a long-term health condition. If you have children or grandchildren aged two, three or four, or in school years one or two, they are eligible for a FREE flu vaccination. If you're the main carer of an older or disabled person you may also be eligible for the FREE flu jab. Just speak to your GP.

Don't forget that if you're aged 65 or over, you are eligible for the pneumococcal vaccine, which will help protect you from pneumococcal diseases such as pneumonia.

# SOCIAL CARE REFORM



TPP Social Care and Housing have been researching the social care sector and thought that readers should be updated on the sector:

## **Issues implementing social care reform**

The implementation of care funding alterations has been pushed back by four years from 2016 to 2020. The dividing lines on these changes are myriad, some argue the cap is of no consequence and that the focus should be on funding, others have lauded what they perceive to be long awaited reform. In light of both criticism and support from leaders in the Care sector it may be useful to revisit the key changes that the Care Act of 2014 is attempting to bring about.

## **The Basics**

An unfortunate fact of life is that many of us do not know whether or not we will need care; additionally, barring a known physical or mental disability, the level of that care is also hard to predict. This creates a dilemma. How much to save and how much to spend? A small proportion (around one in ten) older people in the UK pay upwards of £100,000 for their care; but is this fair? The new legislation that is coming in to play seeks to address the issue of savers vs. spenders. Through implementing an upward limit on how much an individual can pay for essential care before the government foots the bill the idea of a personal 'cap' is to level the playing field for those who have prepared for the future financially.

## **The Zero Cap**

Under the new system a person's cap will be set from the first time they have eligible needs and caps will be variable based on factors including age and financial situation. In some cases, if an individual should develop needs in childhood or as a young adult they have the potential for their cap to be set at zero; meaning that they would not be charged anything from their income for the care they require. Once this is established, however, there seems to be no clear path for the cap to be reset due to a change in circumstances. In practice what this could lead to is an inequity where some people may not be charged even if they are able to pay.

Under these changes, the door is open for a young person who requires care for even short periods of time, three months for example, acquiring a zero cap and then receiving free care throughout old age. A potential solution for this may be to introduce a reassessment schedule for recipients of the zero cap so as to take in to account lifestyle and income changes; but so far no legislation is yet in motion.



# SOCIAL CARE REFORM



## Living Costs and Top-up Fees

Another issue to consider is that of living costs and top-ups. Since 1992, care homes have had the option of charging on top of local authority care home fees for ancillary benefits for residents. These may include environmental changes such as offering a larger room or one with a view but should never have extended to pay for better quality of care if it was *needed* not just *wanted*. As this has been exploited over the years, it has since become clear that in some areas the 'top-ups' are directly subsidising the cost of standard care. This has meant that relatives of end users are often paying over the odds for care the state is obliged to cover.

With the new changes, the government is setting the standard at £12,000 a day for people living in care homes across the country. The issue this raises is a question of what is deemed as *appropriate* costs and what a minimum or standard level of care is. Under the law, the government is creating an environment that puts (what seems like) an arbitrary cap on costs in care homes and letting end users take the hit if their care costs run over this. None of this informed by geography or availability of local care provision. Under the guise of weeding out 'posh' care homes that overcharge the policy will inadvertently force some end users to pay for their basic level of care rather than just for environmental benefits as they are presented. Some would argue that this policy does not confront the issue of overcharging in care homes but instead exacerbates it.

## Beneficiaries

A final issue to consider is that of who actually benefits. While the moral case for reform (i.e. making the system fairer for those who have saved for old age) seems logical the practical application of the cap may leave very few better off. With an upwards limit for the cap over £70,000 the harsh reality is that very few users of residential care will live long enough to accrue such costs. Based on this, many of the arguments against this type of reform is that it avoids the central issue of care today, which is a crisis of central government funding. As the deadline is pushed back due to local authority pressure, the question arises once more over the efficacy of the Care Act 2014. Will tinkering with the current system help or should our legislative focus be on building stronger foundational integrity? In basic terms, will the funding changes actually create a positive impact for end users?

**If you would like to speak further about issues surrounding the 2014 Care Act please feel free to call TPP on 020 7198 6070.**

**John Jo Devlin  
Resourcer  
TPP Social Care and Housing  
4th Floor, Sherborne House  
119-121 Cannon Street, London EC4N 5AT**

# SHARING TO MAKE CARING BETTER



**Health and Social Care services in Stockport** are introducing a new electronic shared records system that will make caring for you safer and quicker.

**NHS**  
**Stockport**  
**Clinical Commissioning Group**

The new system – called the Stockport Health and Care Record - will bring together information from your GP, hospital consultants, community nurses, Out of Hours GP and, if you have one, your social care worker.

Everyone registered with a Stockport GP will automatically have one of these records which will include things like your name, address, date of birth, NHS number and relevant sections of your GP record, and social care record if you have one.

It is important to understand that the professionals treating you will only have access to the information that they need to help you. They also need to ask for your consent before they look at it.

However, if for example you are unconscious, they may look at your information but when they do this, they have to make a note on your record to say why they have done so.

This will help doctors treating you with vital information like drugs that you may be allergic to.

Every time your record is accessed the system logs this so we can easily audit who is looking at your information and when.

With the shared record, the person treating you will have all the information they need in order to quickly make the best decisions about your care.

Other benefits include:

- ◆ Safer and better care as health and care professionals can access information quickly to help them manage conditions more effectively
- ◆ Quicker and safer discharge from hospital
- ◆ Reduces the amount of information you need to tell the person treating you
- ◆ Reduces the number of tests and investigations being done twice as professionals will have access to details of tests you've already undergone.

At any time you can say “no” to any professional who wants to view your record and, of course, you can opt out completely. However this is not advised as in an emergency the people treating you may not have access to all the information they need to give you the best care.

If you are worried about what all this means to you or simply have questions please speak to your GP practice.

**For more information go to [www.stockport-together.co.uk](http://www.stockport-together.co.uk)**

# TRANSPORT AND ACCESS



## **Disabled rail travellers report on Passenger Assist scheme**

On the whole, disabled passengers have a good experience of booking travel assistance, a Rica (Research Institute for Consumer Affairs) study has found. However, when assistance goes wrong, it causes serious difficulties for passengers.



**The Association of Train Operating Companies (ATOC)** asked **Rica** to carry out a two-year study to establish levels of satisfaction with their booked Passenger Assist service and to track possible changes over time.

Passengers reported on all aspects of their journey from booking to leaving their destination station, evaluating the usefulness and accessibility of each stage of the journey.

### **Rica's findings at the end of the first year include:**

- ◆ Passengers are largely satisfied with booking, but in 12% of journeys the passenger did not receive a booking confirmation
- ◆ Passengers find it easy to find information on routes and times (84%), but less so on facilities (68%) and accessibility (65%)
- ◆ On 90% of journeys the passenger received all or some of the assistance they had booked
- ◆ Assistance getting on to the train was mostly provided when it was needed (92% of journeys); assistance to the seat less so (77%)
- ◆ Help getting off the train was provided on only 78% of journeys
- ◆ Where a ramp was needed this was provided on 93% of journeys
- ◆ Staff behaviour was rated highly. Booking staff received 80% satisfaction rating, station staff 70% and on train staff 60%
- ◆ A total of 69% of journeys were rated as good or very good
- ◆ On 59% of journeys passengers felt confident or very confident
- ◆ Older passengers are less likely to feel confident, as are passengers with learning disabilities.

**Rica will publish a full report in 2016 at the end of the two-year study.**

# MISCELLANEOUS



## Social Care

Working arrangements over the Christmas/  
New Year period 2015/2016

**Wednesday 23 December** As normal  
**Thursday 24 December** Close 12 noon  
**Friday 25 December** CLOSED  
**Monday 28 December** CLOSED

**Tuesday 29 December** As Normal  
**Wednesday 30 December** As Normal  
**Thursday 31 December** Close 3.30pm

**Friday 1 January** CLOSED

During office hours phone

**Adult Social Care – 0161 217 6029**

**Children & Families – 0161 217 6028 or**  
**www.mycaremychoice.org.uk**

Over the festive season please be a good neighbour and if you have any concerns contact the **police on 101** or **Adult Social Care Customer Contact Centre on 0161 217 6029**

**Children and Families on 0161 217 6028**  
**Visit: www.mycaremychoice.org.uk**

The **Emergency Duty Team** is available outside the normal office hours please **contact the Service on 0161 718 2118**.

## Doctors

The Doctors' surgeries **will be closed** on the following days:

**Christmas Day Friday 25 December 2015**  
**Bank Holiday Monday 28 December 2015**  
**New Year's Day Friday 1 January 2016**

If you need urgent help and advice that cannot wait until your GP's surgery is open, the GP out-of-hours service will be available by phoning your usual GP and following the instructions.

Please make sure you have repeat prescriptions and any medicines you need for the festive period in plenty of time.

**If you have a medical problem, that's not an emergency, phone 111 or visit**  
**www.nhs.uk/**

## Disability Stockport

The **Disability Stockport Office** and **Primus** will be closed on:

**Thursday 24 December**  
(Christmas Eve)  
**Friday 25 December** (Christmas Day)  
**Saturday 26 December**  
**Monday 28 December** (Boxing Day)  
**Friday 1 January** and  
**Saturday 2 January**

## Pharmacies

Lloyds Pharmacy, on the A6 at 236 Wellington Road South, Stockport SK2 6NW is **open every day including Christmas Day 10.00 am to 10.00 pm** for help and advice.  
**Tel: 0161 480 3371**

**Your UK Pharmacy 0161 428 3056**  
**9.00 am - 5.00 pm**

**Cheadle Pharmacy**  
7 Ashfield Crescent SK8 1BH  
**8.30 am - 7.00 pm**  
**(Closed 1 January)**

Most other pharmacies will be closed on Christmas Day, however they may be open at other times. **Check Now.**

## Contact Numbers for Utilities

**Electricity – Scottish Power Energy**  
**Faults & Emergencies: 0800 001 5400**

**United Utilities Emergency Supply**  
**helpline: 0800 195 4141**

**Gas Emergency Service**

**Gas Transco: 0800 111 999**

**Water United Utilities Leakline**  
**0800 330 033**

**Water Supply: 0345 672 3723**

**Emergency Repairs – Council**  
**tenants should phone 0161 217 6016**  
**Street lighting etc 0161 217 6111**

# HELP AND SUPPORT



*Living made easy* is an impartial **advice and information website** about daily living equipment (sometimes known as aids for daily living, disability aids, daily living aids, disability products, or even disabled equipment), and other aspects of independent living.

*Living made easy's* core value is **impartiality**. It aims to provide comprehensive and independent information about daily living equipment for the public.

The site has been developed by Disabled Living Foundation's (DLF) team of occupational therapists and contains a great deal of useful **advice** for anyone looking to buy products that might help their daily lives, as well as videoclips of equipment in use.

You **can't buy** equipment directly from the site but you can check pricing where available, compare items and get contacts details of all the suppliers of the item.



The website covers equipment for all areas of daily living including the stairs, the bedroom and the bathroom along with chairs and chair accessories, telecare, household and kitchen gadgets and equipment for children with disabilities.

*Living made easy's* advice and information is:

- **Impartial**
- **Independent**
- **Trustworthy**

One feature that may be of interest to visitors to the site is *Living made easy's* star ratings. When products are listed on the website DLF gives them a **star rating**. This is based on the standards a supplier meets and the quality of product information they have provided (e.g. have they told us who the manufacturer is, have they provided a price). In this way we hope to direct people to companies that are transparent about their pricing and have signed up to certain codes of conduct. We also hope to encourage other companies to sign up to them.

## What you think...

 At last: a website that enables easy access to the information required about so many different pieces of equipment - thank you DLF!   
[Keir Fuller, Occupational Therapist](#)



# HELP AND SUPPORT

## **Extending the support from Stockport Foodbank into our Community**

Message from Stockport Foodbank to readers

If you could see the level of food donations that come into the Foodbank you'd be staggered at peoples' generosity and their desire to help those in need. This is an amazing encouragement to us, and it puts a responsibility on all our shoulders to ensure that these generous food donations are passed on to the right people. However, this raises a challenge.

How can we ensure that Foodbank support is offered to every service user we meet so that we reflect the public's generosity in our issuing of Foodbank vouchers? No one in genuine need should go without help from Stockport Foodbank. Having food on the table is a right, not a privilege, and as you and your colleagues are in the 'front-line', coming face to face with members of the public, you are best placed to offer Foodbank vouchers to them.

We are currently in conversation with many Referring Agencies to ensure that every staff member who meets service users, is a holder of vouchers and has them 'in their bag' when going out on calls. This is already speeding up the process of getting help to clients and if you'd like each member of your frontline team to be a voucher holder, then do get in touch and we'd be pleased to make the arrangements so that support can be extended to many more people across our town, thank you.

With our thanks

**Stockport Foodbank**

**0161 487 3370**

**foodbank@stockportfoodbank.org.uk**

## **Mottram Street Pantry**

Mottram Towers Mottram Fold Hillgate Stockport SK1 3NY

For just £2.50 each week local residents can join up as members and access a whole range of benefits. Admission to the pantry is included in this membership and you'll be able to choose a guaranteed 10 items from a huge variety of groceries, fresh fruit and vegetables plus all the usual store cupboard favourites. The average shopping basket is worth more than £10 at retail value, saving you over £400 on your food bill each year!

150 memberships available: members will receive free welcome gifts, access to seasonal events and competitions (restricted to pantry members only) and a free financial health check.

**Open to visitors: Tuesday 1.00 pm - 4.00 pm**

**Wednesday 3.00 pm - 6.00 pm Friday 9.00 am - 12.00 noon.**

**Contact: Anna Jones on 0161 474 4760 email: [pantry@stockporthomes.org](mailto:pantry@stockporthomes.org)**

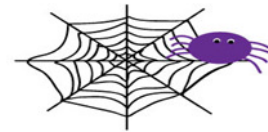
# NOTICE BOARD



**Local Cleaning Company with over**

**16 years' experience!**

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**Mobile: 07885 379 565**

**Tel: 01625 266 368**

**E-mail: [cobwebs2008@hotmail.co.uk](mailto:cobwebs2008@hotmail.co.uk)**

# PCBACKUP.co

[www.pcbackup.co](http://www.pcbackup.co)

## Online Backup Service

Securely copies all your files & photos  
to a safe online storage for business and homes

Cloud Storage for everyone

EMAIL  
[wayne@whnet.co.uk](mailto:wayne@whnet.co.uk)  
for your free trial

Try it for free



# NOTICE BOARD

## Stockport Disability Forum

The next three meetings will be on:

**Wednesday 9 March 2016**

**Wednesday 8 June 2016**

**Wednesday 14 September 2016**

at 10.30 am—12.30 pm  
at Disability Stockport 23 High Street,  
Off St Petersgate, Stockport SK1 1EG

## Transport and Access Forum

The next four meetings will be on:

**Wednesday 13 January 2016**

**Wednesday 10 February 2016**

**Wednesday 9 March 2016**

**Wednesday 13 April 2016**

at 2.00 pm—4.00 pm  
at Stockport Town Hall  
Committee Room 1, Edward Street

### FOR SALE

**Mobility Scooter**  
£1,000

Contact: Margaret Joret on  
0161 486 6476

### FOR SALE

**Powered Wheelchair**

Contact: Disability  
Stockport

### WANTED

Small Mobility Scooter  
Contact: Ann on  
0161 456 6152

### FOR SALE

Immaculate **Ramp**

Price negotiable

(Proceeds from the sale  
donated to **Connect**)

Contact: Sylvia on  
07800 884 992

### FREE PARKING STOCKPORT

In **Council-owned pay and  
display parks and bays in the  
town centre ALL DAY**  
**SUNDAYS 20 & 27 December**  
& **SATURDAY 26 December**

**FREE Parking also from 2 pm**  
**DAILY to THURSDAY 24**  
**December. Visitors to other**  
**Stockport areas can park**  
**FREE in council-owned car**  
**parks on 19 December.**

## Peer Support Forum

You are invited to  
come and share  
your experiences  
and get some  
answers from a host  
of reliable sources

**Next three  
meetings**

**21 December 2015**  
**18 January 2016**  
**15 February 2016**

Meetings are held at  
Disability Stockport  
23 High Street  
Stockport SK1 1EG

**7.00 pm – 9.00 pm**

**Please contact**  
**Nicky Evans on**  
**0161 480 7248 or**  
**E-mail:**  
**email@disabilityst**  
**ockport.org.uk**

Thank you to all those who contributed to this issue. Viewpoint is a **FREE** publication and is available in large print, on audio tape, or e-mail. Please let us know which format you prefer.

If you do not wish to receive further copies of Viewpoint, if you have changed address or if your address label is wrong, please contact the office on **0161 480 7248**.

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**Issue 100** of Viewpoint will be circulated end March 2016. Information to be included in the next issue should be sent to:

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