



# IOW AMPUTEE'S GROUP

## New Gazette

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No. 1081950

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### ART Team Meeting & Wessex DriveAbility

The Amputee Rehabilitation Team held its Annual Meeting at the Laidlaw Centre on September 9th. All the Island amputees had been invited to attend to meet up with Team members, hear their news and also to listen to a talk given by Heather Gifford, from Wessex DriveAbility about the best way to keep you driving if you are an upper or lower limb amputee. Heather gave a short talk and told how Wessex DriveAbility works with disabled and elderly people to make sure that they are able to remain driving and therefore keep their independence, as well as remaining safe whilst driving on the roads. The Wessex DriveAbility team is also a registered Charity and therefore works to keep the costs to an individual as low as possible. Heather explained that a professional assessment is given to each individual—there is an Occupational Therapist and an approved Driving Instructor and they look at all the various aspects of driving during the assessment including whether it may be appropriate to fit handles on the steering wheel. They also offer advice on the different adaptations to suit each individual driver as well as other



aspects of mobility, wheelchair and or scooter storage and safely transferring from the chair to the car. Heather and Terry spent some time speaking informally to members answering individual questions, whilst members enjoyed a buffet provided by the Amputee Rehabilitation Team, which concluded a very informative meeting addressing issues amputees may encounter

regarding either driving or travelling as a passenger in cars. As a result of this meeting, a further meeting with Driveability has been arranged for the Rehabilitation Interdisciplinary Team at St Mary's. Heather and Terry can be contacted on **023 8051 2222.**

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### Editors Note

You may have noticed in other correspondence that the Group is now going ahead with changing our name to **IOW AMPUTEE'S GROUP**

This decision has been taken as many people were not aware of what we do and who we are! At present the Charity Commission will allow us to use this title as the Group's working title and after the AGM we will be able to change this name to the main title. Please put the date down in your diary as we look forward to meeting as many of you as possible for our AGM and pre Christmas lunch party.

If you need transport or further information please contact Jazmin

### IOW Prosthetic Limb User Group

**We are looking for new Committee members to help expand our work so if you think you can help please let us know.**

### **ANNUAL GENERAL MEETING**

**December 4th, 13.00 hrs at the Classic Boat Museum, Newport.**

**For further details please contact Trevor**

**or email**

**[iowampsug@googlemail.com](mailto:iowampsug@googlemail.com)**

**Don't forget if you have any problems or concerns regarding your limb or problems relating to the fact that you are an amputee please understand that you are able to phone the ART Team and make an appointment for a Multi-Disciplinary Team assessment. Please ring 552359**

**DVLA**

The Driver and Vehicle Licensing Agency are the body who you will need to contact to tell them about any change in your ability to drive a car. You need to tell them if you become disabled from amputation. You have to inform them right away and not just wait until your licence expires. Many amputees still drive.

**DVLA local office****0870 240 0009****Douglas Bader Foundation/Grant Scheme**

The DBF exists to advance and promote the physical, mental and spiritual welfare of persons who are without one or more limbs. The Douglas Bader Foundation was set up in 1982 in honour of Sir Douglas Bader by his friends and family, many of whom had flown beside him in the Second World War.

The DBF Grant Scheme provides support for the pursuance of achievements by those with disabilities.

The initiative has helped dozens of individuals and groups throughout the UK to achieve a

variety of goals ranging from education, the arts, sport and recreation to small businesses. DBF looks at all applications and depending on the nature of the request will help in a variety of ways. To request a from please contact

Keith Delderfield

keith.delderfield@btinternet.com

The DBF Administration Office

45 Dundale Road

Tring

Hertfordshire. HP23 5BU

If you have something you have always wanted to achieve and just need some funding to get your project off the ground why not try and get a grant from DBF?

Further details of all the extensive activities and projects the DBF gets involved with can be found on their website

Douglas Bader Foundation

The DBF also present the Amputee Games in partnership with Wheelpower .

**Blue Badge Map Goes Mobile**

Blue Badge holders can now find available parking bays, accessible toilets, petrol stations with Service Call and much more thanks to an interactive map via their mobile phones. The new service from Directgov also allows users to check local parking rules

'on the go'. The Blue Badge Map is available at

[www.direct.gov.uk/bluebadgemap](http://www.direct.gov.uk/bluebadgemap) or by text **BLUE 83377**

**West Quay Shopmobility**

With Christmas on the way and the shopping to be done it may be useful to know that if you can get yourself, either by bus or taxi, from the Red Jet Terminal to the side door of West Quay then the Team at Shopmobility will bring an electric buggy to you. You have to register first at the Centre so for further details contact

West Quay Shopmobility on **02380636100**

**Further Island 'Users' Profiles****Trevor Bendix, Chairman, Isle of Wight Amputees**

When I was eighteen I was a keen motorbiker. Such was my joy at riding I used my bike for work. One foggy morning on the way to work I bounced off the front wing of a stationary car, crushing my left leg between my bike and the car. Not realizing I had seriously hurt myself I tried to stand twice, only to look down and see the state of my broken leg!! I passed out. I was taken to Wembley A & E where I was plastered up and sent to a ward. Over the next few weeks my leg unfortunately got Gaseous Gangrene and this was to delay my recover. Every two weeks I had an operation to try and save my leg however after eleven of these it was concluded that the leg must go. I had to have two operations, the first removed my leg below the knee and the second to remove the knee—so I am now an above knee amputee. After thirteen operations and nine months in hospital I was sent to Roehampton for my first artificial limb. This was to be a pylon which consisted of a socket with two bits of long wood and a

round piece at the bottom to walk on. Just to be back walking again gave me tremendous joy and I went back to work, but this time riding on the underground. Some time later I was to receive my first fully functioning leg and it was this that gave me a wake up call. My new life had begun. To this end I took up table tennis, went ballroom dancing and I became a proficient rock and roller.

I took my driving test in a standard car with a clutch (something you cannot do now!) and in later life I became a driving instructor. Prior to this I was an electronics engineer. And latterly I had the fortune to run my own pub.

**Lastly, and most importantly, losing a limb is not a handicap, it is the start of a new adventure which I am still living.**

Trevor Bendix  
Chairman. IOW Amputees

**Wayne Dunne**

Wayne used to serve in the Royal Logistic Corps, however at the age of 20 he was involved in a serious accident on the A3 which critically injured him and led to the removal of his leg. Whilst in hospital he suffered serious complications and almost 'died' twice. This experience has left Wayne with an extremely positive attitude to life. He was treated at Hedley Court and then transferred down to Portsmouth. However after eighteen months it was decided that Wayne would leave the Army. Wayne has had a series of jobs on the Mainland but decided to move back to the Island in 1996. Wayne has rebuilt his life working in several different jobs some of which involved heavy lifting and moving and standing for long periods, in fact he is able to carry on his life as if he had not lost his leg at all.

As Wayne used to play cricket as a youngster he decided he would like to take up the sport again, and so with his usual determination he joined the

Whitecroft Cricket Club which also has a disabled cricket section. Wayne is so successful that he now plays regularly for the Island as a bowler and a batsman. The team are due to play in the semi-finals in Edgbaston.

Wayne also helps with disabled cricket coaching at the Ventnor Club. Having twin nine year old boys also fills up his time and he acts as their football coach on a regular basis and, also, he has sailed Round the Island and gone ski-bobbing with BLESMA, in fact he never stops and is an inspiration to all of us.

If you are interested in watching the cricket training sessions they will take place on a Saturday morning at Ventnor Indoor Academy. For more information please contact: David Lloyd  
Manager IWCB Disabilities  
Cricket Team on

[iowampsug@googlemail.com](mailto:iowampsug@googlemail.com)

Or to contact Wayne please email

[iowampsug@googlemail.com](mailto:iowampsug@googlemail.com)

**Are you eligible for a reduction in your Council Tax?**

You may be eligible for a reduction in your Council Tax if your home is the main residence of one disabled person and it must have at least one of the following:

- 1) **A room (other than a kitchen, bathroom or toilet) which is required for meeting the needs of the disabled person.**
- 2) **An additional bathroom or Kitchen which is required for the disabled person.**

**3) To use a wheelchair within the property. The property must be capable for the wheelchair to be used within the property, ie there must be sufficient available floor space within the property for the wheelchair to be used within the residence and so doors can be widened to allow wheelchair access.**

A reduced bill will be calculated as if your property had been placed in a band immediately below the one shown in the valuation list. From 1st April 2000, persons

in a Band A property may also be eligible for a reduced Council Tax bill—the reduction will be calculated as one ninth of the Band D Council Tax. If a reduction for disability has been awarded this will show on your Council Tax bill.

If you consider you are eligible for this reduction and it is not shown on your bill please contact the Council on

**01983 823901**

**AIR TRAVEL**

If you are lucky enough to be going away on holiday did you realise that, as a disabled passenger, you are allowed to take your own wheelchair with you and the airline has to transport it free of charge. They also have to provide you with assistance getting around the airport, boarding the plane, on the plane and leaving the plane.

In July 2008 a new EU law came into force so air travel should not be a problem as long as you ..... **“Ask the right people for the right service at the right time”**

You need to inform your holiday provider and airline before you go. You can stay in your own wheelchair right up until you board the plane and in most cases you are allowed 'priority boarding'. Most airports can also provide wheelchairs and assistance to get through the Terminal to the plane. For further information you can get a free easy to use guide

**‘Your rights to fly’** explaining all the above and what to do if things go wrong. To request a leaflet **0845 604 6610**

**News from Service by Carol**

**Independence at Home**

**020 8427 7927**

Since the last Newsletter we have been very pleased to welcome Trudie Johnston in her new role as Liaison Officer for the User Group.

Trudie has already made a valuable contribution to our ongoing development work by giving us her perspective on life as an amputee including those issues which occur outside of the Centre or Hospital. We hope that with Trudie's help we will be able to stay in touch with 'real life' issues for you all and ensure that the service remains relevant to your needs.

The ART team have been busy putting together the final touches to our new review process which is starting imminently. A pilot group of Users will initially be receiving two questionnaires that will update our information about your home circumstances and how well you manage with day to day activities. We will then be reviewing this information on an annual basis to ensure

that we stay up to date with individual needs even if we don't see people very often in the Centre. Mary White, our Specialist Nurse will be contacting people to discuss the answers provided and offer help or advice where a need is identified. All information given will be kept secure and confidential and there is no obligation to fill in the questionnaires.

Two members of staff have recently begun a Foundation Degree at Southampton University as part of their training as Associate or Assistant Practitioners. Debbie Malcolm and David Batten will be studying for one or two days per week for the next two years to achieve this qualification. Both members of staff will also continue to work in their previous roles. Debbie as Admin Team Leader and Dave as Prosthetic Technician, as well as providing front line support to the clinical staff. Funding for this has been provided by NHS Education Central and cover will be provided by our Orthotic/Prosthetic Technician and additional admin staffing.

**Carol Mabey**

If you have a long term disability and need help towards adaptations and equipment, or other things that help you manage at home, and are not available from funds then

**Independence at Home**

may be able to help you. You need to be referred to them by a healthcare worker who has been involved with your care. When you are ready to apply ring them for an application form and guidance notes. The form needs to be filled out and a letter from your healthcare worker is sent in as well explaining your circumstances and why you would benefit from an award. Once the form is returned it will be checked and further evidence of your disability may be requested. They may also request further details of equipment needed and get some quotes for any building work needed. Grant making decisions are made throughout the year and once the form is received they will let your referrer know within 10—14 days.

**WALKING**

If you are wanting to practice your walking and looking for relatively flat and even places to walk have you tried:

- Ryde Seafront to Appley
- East Cowes Seafront
- Park near Riverside Centre and walk along beside the River in Newport, Town Quay.
- Yarmouth round beside the estuary to the Mill.
- The Nature Reserve, Seaview.
- The Seawall at end of Sandown Seafront, near the Zoo.
- Ventnor Esplanade.

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New Gazette

Trevor Bendix, Chairman  
Jasmine, Social  
Sue, Editor

**Trudie Johnston - LIAISON OFFICER**

Please contact Trudie if you have any concerns  
over your limb fitting/comfort/delivery time.

Our new email address to contact any of  
the above

[iowampsug@googlemail.com](mailto:iowampsug@googlemail.com)

**AND**

[www.iowamputeeskeeping.org](http://www.iowamputeeskeeping.org)

### Phillip Chapman Car Care

If you are looking to buy a fitted electric  
hoist for your car and any other fitted  
Motability products, Phillip Chapman can  
help you. Although based in Southampton  
they come over regularly to the Island. The  
firm has had many years of experience and  
have been used successfully by 'Users' on  
the Island. They will come over and assess  
your needs with no charge.

Please ring **023 8076 0652** for further  
details and product information.

## Island Mobility

*The personal independence specialists*

32 Dodnor Lane

Newport, IOW, PO30 5XA

**01983 530000**

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Scooter,  
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Bathrooms**

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**grassroots**  
grants

Managed by the Community Development Foundation  
Funded by the Office of the Third Sector



ISLE OF WIGHT  
**Rural Community Council**

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## OPTIO Voluntary Car Service

Across the Island there is a network of volunteer drivers who give their time  
freely, using their own cars to provide a door to door transport service. The  
service is available to support users to attend:

- Medical/GP appointments
- Hospital appointments/visits
- Day Centre
- Memory Clubs and activities
- Visiting friends and social visits
- Shopping

Unfortunately we are unable to take wheelchair users at the present time. If  
you are unable to access public transport because you are elderly, frail or have  
mobility problems, then please ring Optio on 01983 522227 and we will try  
and help. The IOW Rural Community Council run this project.

## SPORTS SECTION

There are many sports available to people who have limited mobility  
or use a wheelchair. Listed below are some useful contact numbers  
for a variety of sports.

Indoor Bowls	IOW Community Centre	292238
Cricket	IOW Disabled Cricket	817300
Gym	Freshwater, Afton Drive	752955
Gym (weights)	Medina, Newport	523767
Rowing	Ryde Rowing, Seafront	521607
Rifle	West Wight, Freshwater	753256
Sailing	Sailability, Fishbourne	882325
Swimming	West Wight, Freshwater	752168
Swimming	Heights, Sandown	405594
Table Tennis	Small Brooke Stadium	562747
Tennis	Ryde Lawn Tennis	564131
Yoga	Various venues	862948

We'd like to thank **Wayne Bundy** for allowing us to use these contacts from his direc-

## PROSTHETIC CENTRE CONTACT NUMBER 01983 552359

Calls will be taken by Debbie or messages can be left. Remember — the phone is often less  
busy in the afternoon. Calls before 4pm will be returned the same day.

## Nurse/Counsellor

Mary White

**01983 534365/552359**