

# 'E SCORRIE

**MEDICAL ALERT**—On some models of Jazzy, Quantum and LX powered wheelchairs the manufacturer has fitted Tiedown Securement brackets (known as the Transit Securement Package—TSP) before delivery and has now issued updated instructions for use. All those involved in the provision, prescription, maintenance and use of these wheelchairs—in particular wheelchair service managers, rehabilitation engineers, maintenance staff, contractors, occupational therapists and patient transport service managers have been authorized to activate the following:

- Trace all models of Jazzy, Quantum and LX powered wheelchairs manufactured by Pride Mobility
- Ascertain if the wheelchair has a Transit Securement Package (TSP) fitted.
- If the wheelchair has a TSP fitted Obtain new instructions for use from Pride Mobility at [www.pridemobility.com](http://www.pridemobility.com) and ensure that the user is aware of the revised content. Also remove any labels from the wheelchairs which state that the user should not remain seated in the mobility device while traveling in a motor vehicle.

Action has been underway on this project since March 2009 and the deadline for completion has been set for 14th May 2009

For further information please contact the Manufacturer—Craig Sweetlove, Pride Mobility Ltd—Tel—01869-324600—Fax—01869-323070—E-Mail—[craig@pride-mobility.co.uk](mailto:craig@pride-mobility.co.uk)

The **“All Mobility Roadshow”** in association with days health-care is coming to the **Pentland Hotel, Thurso on Friday, 24th April—10-6pm and Saturday 25th April—10am- 4pm**

On display will be the 2009 range of Scooters, Wheelchairs, Rollators, Tri-walkers and Mobility Aids

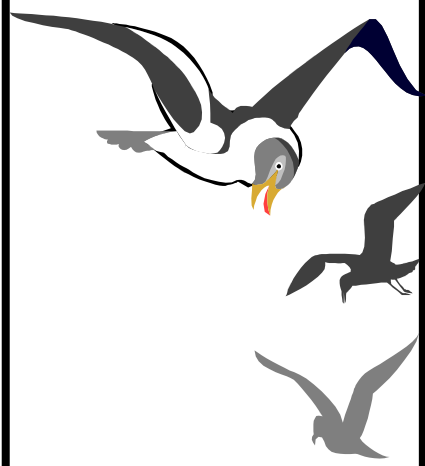
Experts will be on hand to demonstrate and talk about the Equipment

**Inside this issue:**

Medical Alert	1
Scams	2
Kinship	2
Sight Info	2
Used Stamps	2
Access Group	3
Drop-In Clinics	3
Talk About	4
Dial -A-Ride	4

**This is a Community Magazine—If you, as a Member of the Public would like to contribute any information, you may think relevant - Please contact -**

**Fiona Henderson -**  
**Tel—01955-609962 or**  
**E-Mail—**  
**[Fiona@cvg.org.uk](mailto:Fiona@cvg.org.uk)**



**DON'T LET THEM CON YOU**—Every year millions of innocent people lose money you scams that come by post or phone such as fake lottery and prize draw wins Avoid becoming a victim by following some simple TIPS.

- Never be rushed into replying to an exciting or urgent offer. Speak to a relative, friend or neighbour before sending any money
- Never send money to anyone who says you have won the lottery or a big prize—you'll never see your promised winnings.
- Never give your bank account details or other personal information to strangers
- Never respond to mailings from fake physics asking for money. Identical letters are sent to thousands of people..
- If you suspect a Scam, before sending any money call Consumer Direct for clear practical advice on 0845-040506

**KINSHIP CARE**— All across Scotland thousands of people care for children because their natural parents are unable to do so. These are often grandparents, aunts and uncles but they can also be family friends. People who=ho look after children in these kinds of circumstances are often known as “Kinship Carers”. **DOES THIS SOUND LIKE YOU?**

The Scottish Government has launched an advice and information helpline for Kinship Carers . This leaflet explains a little more about the kinds of issues that many Kinship Carers can face and how you can get help. There are three main Issues—

- Different circumstances
- Financial Issues
- Practical and Emotional support

You can contact the Kinship Care Helpline on—0844-576-2955 where trained advisers are awaiting to take your call.

**SIGHT IMPAIRMENT SUPPORT GROUP**— this Group meets in The British Legion Dunnet on the 1st Wednesday of every month from 2pm—4 pm For further information about Agendas—eg Speakers and Group Outings please contact June Dyson— Tel 01847-851326

**USED POSTAGE STAMPS**—Please do not discard your used stamps—these are extremely valuable to various charities who rely on them to raise money—eg S.A.M.S. AND Leprosy are two of these Charities which Benefit. It would be appreciated if you could collect together any used stamps and either call in or send them to Helen Mackay , Caithness Voluntary Group , Telford House, Wick. Your co-operation will be very much appreciated

**CAITHNESS DISABILITY ACCESS GROUP**— The Caithness Disability Access Group is a Group of People who work with and on behalf of people with disabilities and their Carers to improve access to local buildings. They also raise awareness of other access issues such as **Access to Information**.

This Group is made up of People with disabilities, their Carers and People with an interest in disability and access issues.

The Group works to promote the importance of an inclusive environment for everyone. It believes that no member of the Community or Visitor to the Area should be excluded from any aspect of Public Life because of disability. It does this in the following ways:

- Meet regularly to discuss access issues that people have reported.
- Commenting on Planning Applications for Public Use buildings
- Providing information on good practice in disabled access
- Talking to Groups and Organisations about disabled access
- Meet with Service Providers to look over and talk about their premises.
- Meetings are open to anyone who wishes to come along and has an interest in disability and disability issues We need Volunteers to help with the work we are trying to do to improve access in our local Communities

For further information contact Janet Gray - Tel—01847-821098 or Fiona Henderson - Tel—01955-609962

**HIGHLAND SEXUAL HEALTH**— this Service provides Free Drop-In Clinics which are held on the first and third Monday of each month and people are encouraged to come along for a Sexual Health Check Up. The Clinics are held in the Out Patient Department of Caithness General Hospital from 6.30 pm—8.30 pm.. This Service also offers:

- Testing and treatment of all Sexually Transmitted Infections
- HIV Testing and treatment
- Contraceptive advice and supply of all methods
- Pregnancy Testing and referral for Termination of Pregnancy
- Cervical Smear Testing
- Referral for Psychosexual Issues
- FREE condoms and lubricant

**Contact -**

**Audrey Aitken, Nurse  
In Occupational  
Health /Sexual Ad-  
viser**

**Caithness General  
Hospital, WICK KW1  
5NS**

**Tel—07770 683 575**

**TALKABOUT—Cognitive Behaviour Therapy—CBT— COUNSELLING FOR EVERY-ONE— Our vision statement is that we strive to achieve—**

- The Serenity to accept what we cannot change
- The Courage to change the things we can
- The Wisdom to know the different

We offer a confidential professional service for people who feel they need help. Working through personal or family issues, work or social issues , relationship difficulties , inner struggles and making decisions—we all at times need help in our daily lives with problems and difficulties that arise.. In changing the way we think we can change then change our behaviour focusing on better ways to deal with problems enables us to generate more solutions and reach different goals. We offer the opportunity for reflection and to explore choices in order to assist in our personal growth and development.

**TALKABOUT—** can help with the following—

Depression, Anxiety, Bereavement, Self Esteem & Lack of Confidence, Eating Problems, Social Phobias, assertiveness At Work, Panic attacks, Stress Management, Relaxation and Self harmony, Relationship Difficulties, Obsessive disorder, Post Traumatic Stress Disorder, Alcohol Drug/Substance Abuse, General Health Problems/Smoking, Race, Gender or Sexuality Issues, Insomnia and Issues relating from Childhood Abuse.

**CAITHNESS RURAL TRANSPORT—DIAL-A-RIDE—**a project of the Caithness Rural Transport Partnership comprising of Caithness Voluntary Group , The Highland Council Caithness and Sutherland Enterprise and Highland Primary Care NHS Trust. -offers a door to door Transport Service with an adapted vehicle for people with transport problems regardless of age. Anyone living in a rural area who has no transport or reasonable access to any Public Transport regardless of Age, Disabled and Elderly throughout the County. It is not just for Special Journeys—this Service can be used for almost any purpose—to go shopping, visit friends and relatives, social functions medical appointments—to go to the cinema—**Remember this Service operates over the Festive Period.** The Service has three vehicles one in the Wick Area, one in the Thurso Area and one in the Dunbeath Area, which will operate on a 7-day weekly basis between 9am—9pm. An escort will be allowed to accompany any person who requires someone to travel with them—this escort will pay a basic fare of £1.55 but the office must be told at the time of booking the journey. For passenger information or further information please contact Coreen Campbell—co-Ordinator Caithness Rural Transport Telford House, Williamson Street, Wick KW1 5ES

**Tel—01955-605588/Fax—01955-609379—E-Mail [coreen@cvg.org.uk](mailto:coreen@cvg.org.uk)**