

ICOD Launches Postcard Campaign

At a time when Christmas cards are dropping through your letter boxes ICOD will be sending out its own cards for disabled people to use, aimed at helping both them and services providers, shops banks restaurants etc, identify issues of accessibility and take steps towards addressing them.

Launching the scheme on the International Day of Disabled People, Kathy McDade, (Chair of ICOD) said "some people may not wish to raise issues directly with service providers, the postcard gives them a chance to make their point in a non confrontational manner.

Part of the postcard is given to the service



ICOD Board Members with Elaine McKenna and Ian Fraser of Inverclyde Council's Equalities Group, Launching our Postcard Campaign

provider and the other part to ICOD, alerting it to the concerns raised. If no response is forthcoming ICOD can then take the issue forward using the postcard as evidence during future any discussions.

For example we were talking with a major supermarket over a number of disability issues and making good progress, but on the departure of the temporary manager we have found ourselves ignored once

again. I am also sure the issue of lift access for disabled people in high flats, as highlighted by the Telegraph, will generate a sizeable number of postcard enquiries and responses.

Postcards will be available from the ICOD offices and are also included with this edition of Linkability. The more people become involved and highlight issues, the sooner we will see the changes happening in our community".

*A Merry Christmas and a Happy New Year
to all our readers!*



See the back page for Shopmobility Christmas opening, useful contact numbers and hints and tips for over the festive season



Climb Every Mountain....

Denise Gildea, a former employee of ICOD and still a good friend to the organisation, will be embarking on an 8 day trek up Kilimanjaro early in the New Year.

As part of her trek Denise is kindly raising money for ICOD and our Shopmobility services. Denise said *"ICOD is an organisation close to my heart, I am so pleased to see it continuing to grow and am glad to be able to still help out in this way."*

At 19,340 ft, Kilimanjaro is the highest mountain in Africa and the highest 'walkable' mountain in the world. The top of Kilimanjaro is permanently snow-capped, and the

highest point is Uhuru Peak, on the volcano Kibo, with a crater 1.5 miles across.

If you would like to support Denise and ICOD you can donate online at her *Just Giving* web page at the link in the box below. The Just Giving service also allows you to use Gift Aid for your donation, helping Denise to raise even more money for our services!

Everyone at ICOD would like to wish Denise all the best on her trek, and thank her for remembering ICOD and Shopmobility.



Former ICOD Development worker Denise Gildea at the top of the Cobbler recently, as part of her training to trek up Kilimanjaro in January

You can find the link to Denise's fundraising page on the ICOD website at www.icod.org.uk or visit it directly at <http://www.justgiving.com/dee-treks-kili>

Fondly Remembered...

Recently, Jessie Duncan, one of our founder members passed away after a long illness.

Jessie was the inspiration behind ICOD and with little encouragement she soon established it as an organisation to voice the concerns of disabled people in Inverclyde.

She was a tireless worker for her community serving on the Community

Development Trust, Enterprise Childcare, Arthritis Care and ICOD to mention just a few.

Her work was formally recognised last year when she received a Provost's Equality Award for her strong commitment in making many changes for the better in our community.

Jessie always said there were not enough seats in the shopping centre, so it seems appropriate that, to mark her achievements, a commemorative bench is



Jessie, pictured last December receiving her Provost's Equality Award from Inverclyde Council

to be sited in the Oak Mall.

21 Years Young!

This year saw ICOD come of age, and from our beginnings in Jessie Duncan's living room, 21 years have seen us grow to providing a wide range of services at our town centre premises.

Tribute must be paid to all volunteers, be they directors or otherwise, our staff and the wider community who have helped shape and build the organisation.

Key achievements have included setting up our popular Shopmobility Service, which has attracted over 822 members in its 6-year existence, together with working with partners for the benefit of the community.

To celebrate its birthday ICOD held a dinner dance in the Town Hall, which was attended by friends old and new, and as part of the proceedings an auction



ICOD Members present Debbie Traynor from CHAS with our cheque for £1,591

and raffle was held, with proceeds donated to the Children's Hospice Association of Scotland (CHAS).

Janice Smith and Brenda Devlin, two Shopmo users who helped organise the event, were delighted with amount raised on the night, **£1591**. Brenda said

"Our auctioneer, Mr Ian Fraser, squeezed lots of money out of the assembled company in typical Aberdonian fashion and the raffle helped us in our goal to help CHAS.

It was hard work but worth

it in the end and I would like to thank all those involved in helping. It was great that Debbie Traynor from CHAS was able to visit us and be presented with our cheque. We will be going to visit the local hospice at Loch Lomond in March next year to see the good work done there".

Brian McIntyre, ICOD treasurer, was delighted on this occasion to be parting with money saying "we are only too pleased to have helped and I look forward to the next 21 years of providing services for the disabled people in our community".

Up to Standard...

ICOD has recently been visited by a number of organisations involved in the regulation and standards of our services. We are pleased to say that we have received a

rating of 'very good' from the Care Commission.

We have also been visited by Inverclyde Council Supporting People team who found us up to standard.

Our ABC project at the Central Library was also visited recently by Her Majesty's Inspectorate of Education and received good feedback on our activities.

Stay Safe over the festive season...

- Doctor's surgeries and some chemists may be closed for a few days, make sure you have enough medication for the festive period.
- Make sure you keep warm!
- If going away for a few days, make sure your house is secure and keep some heating on to avoid frozen pipes.
- Guard your valuables and keep them out of sight when shopping.
- Don't drink and drive, take a taxi if you are planning to drink.

● Make sure you ask all callers at your door for identification, don't open the door unless you are satisfied they are genuine.

If you need help, you may find the following numbers useful...

Inverclyde Council

Council Emergencies -
01475 719999

Social Work - **0800 811505**

Utility Providers

Gas Emergencies -
0800 111 999

Scottish Power

Emergencies - 0845
2727 999

Scottish Water

Emergencies - 0845 600
8855

Housing Providers

River Clyde Homes -
0800 0132 196

The following housing providers will have a recorded message with emergency numbers:

Oak Tree Housing -
01475 807000

Cloch Housing
Association - **01475 783637**

Larkfield Housing - **01475 630930**

Others

Samaritans - **01475 721212**

Women's Aid - **0800 027 1234**

Childline - **0800 11 11**

Greenock Police Station -
01475 492500

Cut out this guide and keep it next to your telephone or somewhere handy

Shopmobility Christmas and New Year Opening Hours

Shopmobility will be open **10am-4pm Monday-Saturday** apart from on the following days:-

Christmas Eve (Wed 24th Dec) **9am-1pm,**

Christmas Day and Boxing Day (Thurs 25th, Fri 26th) **Closed,**

New Years Eve (Wed 31st Dec) **9am-1pm,**

New Years Day (Thursday) and 2nd January (Friday) **Closed**

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