

## Ability News – February 2019

### Welcome!

Though it is possibly too late to wish you a happy 2019, we do hope that you all had a very enjoyable festive period and very much look forward to supporting you through this new year.

With the cold weather now on our doorstep we would like to remind you of the Warmer Homes initiative which we discussed in our December 2017 newsletter. Keeping warm is incredibly important, especially when you have a health condition. And so is eating healthily. So if you are currently in a financial situation where you are having to make a choice between eating and heating then please contact us so we can put you in contact with the right help.

In this issue we introduce you to our Chefs Recipe Corner, which has a couple of delicious soup recipes from one of our lovely group members who happens to be a trained chef! We challenged him to come up with something nourishing, low cost and easy and we feel he succeeded in doing just that.

As our newsletter is issued quarterly, we would like to invite you to follow our Facebook page so that you are regularly updated on news and events.

As usual, we encourage you to keep providing us with feedback, so we can keep improving with each issue.

Take great care in the cold weather!

Corrina Beighton

Development Officer

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## Dementia

In 2017, the estimated number of people in Scotland diagnosed with dementia was 93,000. According to Scotland's National Dementia Strategy 2017-2020, that number is set to increase by approximately 20,000 each year by 2020.

However, these figures are thought to be a lot less than the actual number of people living with dementia due to the difficulty of diagnosis. People can be living with dementia for years before they are actually diagnosed.

According to current research, by the age of ninety people have an almost 50% chance of having dementia. However, though most of the 93,000 currently diagnosed with dementia are elderly, over 3,000 of them are under 65.



By 2030 we will have an unprecedented elderly population in the Borders, alongside a significant reduction in our working age population. This presents some serious challenges with respect to caring for those with dementia, particularly when they are also living with one or more other conditions.

Some of the key outcomes outlined in the dementia strategy include:

- more people have increased say and control over their dementia diagnosis and are diagnosed early enough that they can take as full a part as possible in their own care planning
- more people get earlier access to good quality, person-centred postdiagnostic support in a way that meets their needs and circumstances
- more people with dementia are enabled to live well and safely at home or in a homely setting for as long as they and their family wish
- there are more dementia-friendly and dementia-enabled communities, organisations, institutions and initiatives.

In this issue we feature the work of Alzheimer Scotland and Queens House who are both actively working towards some of these outcomes.



Alzheimer Scotland

Alzheimer Scotland Borders has recently relaunched its services with the opening of a new Dementia Resource and Information Centre in the centre of Kelso on the 18<sup>th</sup> January.

People living with dementia, carers, families and friends are welcome to pop in for support and information as well as signposting to other local services and organisations.

In addition to the centre, Alzheimer Scotland Borders Services run community activity groups across the Scottish Borders, facilitate Dementia Friends Session and have a befriending project which offers regular contact between trained volunteers and people living with dementia.

This one-to-one befriending service will support people with a diagnosis of dementia, either in the person's home or in an agreed community location. The service links people together based on their interests and hobbies which helps to establish good relationships as they engage in meaningful activities.



For more information contact:

Tel: 01573 400 324

Email: [borders@alzscot.org](mailto:borders@alzscot.org)

Alzheimer Scotland Borders Services, 19 Bridge Street, Kelso, TD5 7HT



## Place and Space

Place and Space is a new community resource centre developed to support and connect people living with dementia and their carer's and families across the Scottish borders.

The new facility, situated between Murray House and Queen's House in Kelso, was opened in December 2018 to help support the growing demand for dementia services.

The goal of the purpose-built centre is to serve as a community hub, providing an accessible, stimulating and sociable environment to access information, advice and support locally.

For two days a week (Wednesday & Saturday), Place and Space is open as a community Café welcoming people living with dementia, their family, friends and the local community to meet up for a cuppa, a blether and delicious homemade cakes.

Further plans for the centre include establishing an active and imaginative calendar of group activities to cover a wide range of interests, including art classes, computer technology, music therapy, and cinema/musical evenings. There will also be education courses available for carers and people living with dementia to help them understand and manage the condition.



The resource centre is committed to providing the best possible standard of information, activities and support in the heart of the local community and is dedicated to ensuring that nobody has to face dementia alone. In order to provide this high standard of service, the team at Place & Space are keen to hear the thoughts and ideas service users have with respect to the activities and groups they would like.

The new service also creates exciting volunteering opportunities in the area. By becoming a volunteer, you can help support people living with dementia and their families in many positive ways, from helping groups in the resource centre, to local fundraising or supporting the therapeutic activities.

To find out more contact Karina Wolf (Community Resource Centre Co-ordinator):

Phone: 07498 799 436

Email: [karina@queenshousehome.co.uk](mailto:karina@queenshousehome.co.uk)

Facebook: [www.facebook.com/PlaceandSpaceKelso](http://www.facebook.com/PlaceandSpaceKelso)

Twitter: @PlaceSpaceKelso



The first group activity session at Place and Space is taking place on Thursday 21<sup>st</sup> February at 6:00pm.

Local artist, Anne White will be holding a paint workshop for people living with dementia, their families and carers.

Tea, coffee and homemade cakes will also be available.

If you would like to attend please contact Karina Wolf:

Email: [karina@queenshousehome.co.uk](mailto:karina@queenshousehome.co.uk)

Phone: 07498 799 436

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## SGN Free Gas Locker valve

In our December 2017 newsletter we told you about gas distribution company SGN offering a free safety device to help keep vulnerable people using the gas supply safe.

Despite there being well over 6000 people in the Borders diagnosed with dementia, SGN have only fitted **one** gas cooker locking valve! Now we know that many of those with dementia will be living in their own homes, so again we would like to bring your attention to this simple safety device.



When the valve is locked, the gas supply to the cooker is stopped. This eliminates the risk of the cooker being unintentionally turned on or left on and gives peace of mind to the carer or relative that the cooker can't be used when they leave the house or the

room. The carer or relative can easily turn the valve on using the key when the cooker is required, enabling the vulnerable person to continue to use their gas cooker safely.



SGN offer this free service across Scotland. To find out more about our locking cooker valve or to make a referral, contact:

Tel: 0800 975 1818

Email: [locking.valve@sgn.co.uk](mailto:locking.valve@sgn.co.uk)

<https://www.sgn.co.uk/LCV/>



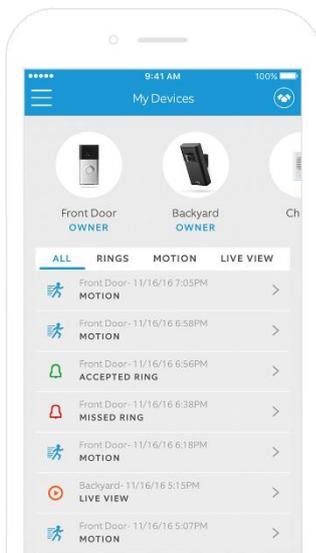
## Ring Doorbell and Security systems

Ring are a company specialising in the creation of security cameras and doorbells which allow you to see, hear and speak to people at your door from your smartphone, tablet or PC.

Equipped with a motion sensor and infra-red, the weather resistant doorbell sends an instant alert to your device, displaying a live feed of the camera installed. The free Ring app also allows you to hear and speak to guests from your device from wherever you are.



Installation and setup is easy whether it is placed onto your door, wall or other area at the front of your house.



These doorbells are incredibly useful for people with mobility issues or other conditions which present difficulty in them getting to the door. They are also beneficial for those who work away from home or long hours, so they can see who called to their door, or if parcel deliveries did try to make a delivery.

Because the system is linked to your phone, the live feed can be recorded if anything occurred and can be kept or sent to the local authorities. This may be of great benefit to families of those living with dementia or other cognitive impairments or those who are experiencing issues with safety in the area.

The doorbell starts at a cost of £89.00.

For more information:

Tel: 01727 263 045

Email: [help@ring.com](mailto:help@ring.com)

<https://en-uk.ring.com/>

## World Down Syndrome Day ...

5 year old Chloe practised a lot to deliver her message about this important day.

See her gorgeous video on our Facebook page and help to share awareness on World Down Syndrome Day.



## Pedius phone calls for the deaf

We often take the ability to make phone calls for granted. If a person is deaf however, the ability to make phone calls can be almost impossible unless they have access to a textphone at home. This can result in feelings of isolation from their friends and family and a loss of independence.

Pedius provide a service that allows deaf and hard-of-hearing people to make and receive phone calls through an app to their smartphone.

How it works: The person first chooses the contact they wish to phone. Then they can choose to either use text or speech to enact the call. If they use text, they can type in the message, hit send. The message will then be played as text-to-speech to the person they are contacting. The contact can then speak, and their words will come through the app as a text message.



If the user decides to use speech, it works in exactly the same way as a normal phone call, but the text-to-speech would be in place to show a log of the conversation during the call.

There are three plans available. The basic plan is free and allows users 20 free minutes each month to make calls. The premium plan, costs £4.00 for every 100 minutes of talk time and can be combined with the free monthly minutes of the basic plan. The annual unlimited plan offers unlimited calls and talk time at a cost of £25.00 per year.

For more information:

<https://www.pedius.org/en/home/>

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## Self Directed Support

Self-directed support (SDS) allows people, their carers and their families to make informed choices on what their support looks like and how it is delivered, making it possible to meet agreed personal outcomes.

SDS allows you to choose the best care and support options suited to you.

Options include a support package via:

1. Direct payment
2. Individual Service Fund
3. Social Work Managed
4. A mix of options

People eligible for funded support will be allocated a Budget which can be spent on the support that is needed. It can be used in different ways to ensure it works best for you.

People can choose to have as much responsibility over their Budget as they want and they can choose a support service to help in managing this.

Self-directed Support options:

- **Direct Payment** – using your individual budget you can arrange your own support either through an agency or by directly employing staff. The Direct Payment allows you choice about who works for you and how/when you would like things to be done. This option gives you the most choice, flexibility and control but also carries the responsibilities associated with becoming an employer such as hiring, payroll and contracts etc. Note: You do not have to

manage this on your own, the Galashiels based organisation, Encompass can help with employers' responsibilities by offering a range of support services including safe recruitment, job descriptions, contracts, a comprehensive payroll service and Third Party Banking.

- **Individual Service Fund** – this option is when the budget for the Individual is paid directly to a provider (such as an agency) to provide a service for them.
- **Social Work Services** – the local authority holds the budget and arranges any support that is needed.
- **A mix of the above options** – people can choose to control part of their budget but not all of it.

If you are unaware of SDS then you are not alone. However a great new project, 'Get Ready for SDS' has been established to address this.



### Get Ready for SDS (Self Directed Support)

A new project, managed by Encompass, Galashiels, is part of a Scottish Government initiative to ensure that more people across Scotland who require social care are engaged, informed, included and empowered to make choices about their support.

Get ready for SDS will help address Scottish Borders SDS Forum findings, that individuals, despite having had a Social Work assessment:

- Did not always have an understanding of the social work processes
- Had not participated as much as they would have, if they had been given more information.
- Would have welcomed and valued information and support prior to assessment.



The project aim is to ensure people are better prepared, confident and informed. With a better understanding of the self-directed support principles and options the social care process will be less stressful and enable them to contribute meaningfully, during the assessment process.

Get Ready for SDS offers you information and support to understand your choices and options under SDS and will help you prepare for a social work assessment.



If you would like to know more about SDS for yourself, a relative or friend then contact the team and they can arrange to visit you at home or meet you in a place of your choice.

Tel: 01896 759700

Email: [sird@encompassborders.com](mailto:sird@encompassborders.com)



## Dario Smart Meter for Diabetes

The Dario Smart Meter is a blood glucose monitoring system which records and tracks your blood glucose levels along with your carbs intake, insulin medication and physical activity throughout your day.



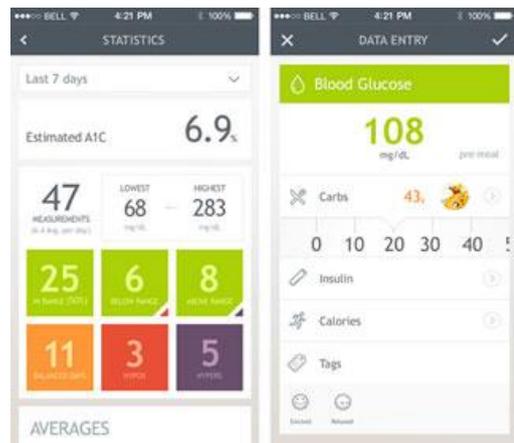
The device is synced to the Dario Smart Diabetes Management app on your smartphone, to provide, track and record information throughout your day using real-time data capture from the device. It also has a built-in GPS location for emergency hypo alerts, 24/7 insights & practical guidance when out and about.

The device itself is fitted with a simple-to-use glucose meter, a test strip cartridge and a lancing device – all pocket sized. Each cartridge holds 25 disposable strips and is easily replaceable by pulling out the old cartridge and inserting the new one.

The glucose meter automatically logs & tracks your blood sugar levels change and provides actionable insights and alerts. It plugs conveniently into your smartphone's headphone jack, so you can view and share results from your phone. The device uses an ultra-thin lancet which is designed for safety for painless blood sampling.



The smart meter works seamlessly with almost any Android or iPhone mobile device by syncing the device with the Dario app each time the device is plugged in and stores the information in the cloud for further use and referencing.



The device can be purchased on their website for £59.95, a pack of 50 strips for £22.50, glucose control solution for £5.00 and a pack of 100 lancets for £3.45.

<http://mydario.co.uk/>

Tel: 01926 833 273

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## Cancer Treatment to Prevent Hair loss

For many patients, losing their hair is the most visible sign of their treatment for cancer and can have a devastating impact - not only on the patient but also on their families, particularly children.

Keeping their hair can help people retain their identity and privacy as well as a small sense of normality. It also encourages a more positive attitude towards chemotherapy treatment.



Chemotherapy works by targeting all rapidly dividing cells in the body. Hair is the second fastest dividing cell and this is the reason why many chemotherapy drugs cause alopecia. Scalp cooling is a simple and effective treatment that can prevent hair loss caused by certain chemotherapy drugs.

Prior to receiving the chemotherapy drug, the scalp cooler (which consists of a lightweight silicone cap connected to a small refrigeration unit) is placed on the head. Ensuring the cap fits well, the machine reduces the temperature of the scalp creating a restriction in the amount of blood reaching the hair follicles. This protects the hair follicle from the effects of the concentrated chemotherapy drugs carried in the blood stream and increases the chance of retaining the hair. The cap continues to be worn during administration of the drugs and then for a calculated time afterwards.

Unfortunately, as hair loss is not considered life-threatening, NHS funding for scalp coolers is not a priority.

Walk the Walk is a charity which has been working to ensure that all cancer patients have access to treatment that could save their hair.



Over the last 12 years, the charity has made grants for 625 machines in 247 hospitals in the UK.

Of these, 57 machines have been granted to 26 Scottish Hospitals, including the Western General Hospital in Edinburgh.

Hazel Burns, 45, from Edinburgh, used a scalp cooler when she was having chemotherapy treatment for breast cancer last year.

She said: "I've kept roughly 70-80% of my hair – enough that it covers my head but I can feel it is thinner. If I put my hair in a ponytail, I've not got much, but really it's only me that notices it.

"If I knew that this would have been the end result of chemotherapy, I'd have been far less worried about it. I would absolutely recommend using the scalp coolers to patients undergoing chemotherapy. Keeping my hair meant I could continue to lead a normal life with the same privacy I had before. I was also able to keep things normal for my kids which I am sure helped them deal with things."

For more information or to donate:

Phone: 01483 741430

Email: [info@walkthewalk.org](mailto:info@walkthewalk.org)

<https://walkthewalk.org/donate/>

## Blue Badge Protector

Theft of blue badges in England has increased six fold since 2013.



Not only are the victims left to pay for a smashed car window, they are also inconvenienced by having to wait for a replacement blue badge.

Blue Badge Protector have designed a secure holder for your blue badge which can be secured to your steering wheel.

Recommended by the Metropolitan police, the protector is made in the UK using a steel-based sleeve with a clear Perspex slide.

This is particularly great for those who need to leave their car windows open for their pets!

The protector costs £23.45 and can be purchased online at:

<https://bluebadgeprotector.co.uk/>



## February is Raynaud's Awareness Month

Raynaud's disease is where the small blood vessels in the extremities such as hands and feet, fingers or toes are over-sensitive to even the slightest changes in temperature, the cold and sometimes stress. This causes a Raynaud's attack where the fingers sometimes change colour, but not always, from white, to blue, to red. The condition is common and thought to affect up to ten million people in the UK.

Raynaud's symptoms are:

- a colour change in the extremities such as hands or feet
- cold extremities and numbness
- tingling or pain

To get involved or find out more:

<https://www.sruk.co.uk/get-involved/raynauds-awareness-month/>



their disabled child. They also want to treat online hate crime as an aggravated offence.

The consultation runs until **24 February 2019**.

You can participate in the consultation by using the link below. Please support this key piece of work

[Consultation on Scottish Hate Crime Legislation - Scottish Government - Citizen Space](#)



## Ability Borders Welfare Benefits Event Update

Last year we talked about organizing a welfare benefit event to address the confusion and anxiety associated with benefits such as Personal Independence Payments (PIP) and the new Universal Credit.

Not knowing what to apply for, how to apply, gathering evidence and navigating through forms with over 40 pages can create immense levels of stress and anxiety. When this process is complicated by problems, claim denials, appeals and tribunals the mental and physical health of individuals can become significantly affected. Often people give up and resign themselves to living in unacceptable conditions.



In order to facilitate the event, we will need to coordinate the support of a number of agencies and organisations who deal with benefits advice across the Borders.

We hope to be able to hold this event around April. However, we are unable to commit at this time following further reductions in the number of benefit advisors available due to the loss of funding.

We will aim to keep you informed of progress on our Facebook page so please like and follow our page.

If you would like to support the event, then please email: [enquiries@abilityborders.org.uk](mailto:enquiries@abilityborders.org.uk) and let us know.



RSABI

The Royal Scottish Agricultural Benevolent Institution (RSABI) was founded in 1897 in recognition of the deep agricultural depression at the time.

Many tenant farmers struggled on, often until they died, rather than give up their tenancies to retire at a reasonable age. There were no pensions and little, if any, support for those no longer able to work.

The Institution's aim was to help elderly, distressed and disabled Scottish tenant farmers and their dependants. By the end of their first year their available funds allowed them to support 16 "pensioners", each receiving £20 per year.

Later, as the charity evolved it began to provide more than just financial assistance with the provision of advice on such things as state benefits and sources of funding for home adaptations and disability aids.

Today, RSABI provides support and friendship to over 600 people who have been involved or are still involved in farming, crofting and growing in Scotland. They can help by offering one-off grants, regular grants, practical and emotional support. In addition, they provide help with budgeting and offer 'Help for Heating' grants of £300 to help alleviate the effect of fuel poverty.

To find out more call the helpline on 0300 111 4166 (available from 7am to 11pm, 365 days a year).

Or visit the website: <https://www.rsabi.org.uk>

## Tinnitus Week 2019

**Tinnitus Week takes place from 4- 10 February and this year's theme is Tinnitus and Isolation.**

If you would like to find out more or to talk to someone about Tinnitus you can call the helpline :

Or email: [helpline@tinnitus.org.uk](mailto:helpline@tinnitus.org.uk)

<https://www.tinnitus.org.uk/>





## Remap - Making things possible

Remap is a national charity that works through local groups of skilled volunteers to help disabled people achieve independence and a better quality of life by designing and making equipment specifically for their individual needs.

This tailor-made equipment helps people to carry out essential daily tasks without having to ask for help, or helps them take part in leisure occupations or sports that would otherwise be impossible.

Remap have been running for over 50 years and have over 900 volunteers at work across the country giving their time for free. Through donations and support from other charities, Remap are pleased to be able to give people the custom made equipment free of charge.

If some equipment that would help you already exists, Remap will encourage you to buy that – their help is for situations where nothing suitable is commercially available.

If nothing is available which meets your needs, a volunteer from your nearest Remap group will visit you to discuss your situation and get a complete understanding of your requirements. They often like to have an occupational therapist there too.

Remap will then design and make a piece of equipment specifically for you.

Sometimes this will mean modifying existing equipment to make it more suitable for you such as the trike in this photo.

Purchased for a 15 year old with physical and learning disabilities, the trike was to give him fun and some much needed rehabilitation after major leg surgery.



Due to his disabilities, it was not safe to be further than arms reach away from him, but his speed and strength meant that his parents could not keep up.

After discussing options, the Remap team decided that the answer lay in a detachable chariot with independent brakes, mounted to the back of the trike. The 15 year old can now give a lift to a passenger – who also has a set of emergency brakes just in case his need for speed gets out of hand.

There are many other wonderful designs and personal stories available on their website.

In December 2018 Remap launched MakeAbility, a new online community for practical, innovative people who want to use their skills to make the world more a more accessible place.



MakeAbility was developed by Remap to create a network of volunteer engineers, technicians and makers enjoy designing and making equipment for disabled people, transforming lives as they go. Now even more people can get involved through the new site Make Ability.

Tel: 01732 760209

Email: [data@remap.org.uk](mailto:data@remap.org.uk)

Remap Scotland

email: [remap-scotland@btconnect.com](mailto:remap-scotland@btconnect.com)

Tel: 01466 730 705

<https://www.remap.org.uk/>

<https://www.makeability.org.uk/>



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## International Epilepsy Day – 11<sup>th</sup> February

International Epilepsy Day is a special event which promotes awareness of epilepsy in more than 120 countries each year. Every year on the second Monday of February people join together to celebrate and highlight the problems faced by people with epilepsy, their families and carers.



#EPILEPSYDAY

**International Epilepsy Day**

*Second Monday in February*

This is a day for everyone, no matter where you are, no matter how small your group or large your area, no matter whether you focus on the medical or the social aspects of the disease.

To find out more:

<https://internationalepilepsyday.org/>



## Disability Employment Advisor

If you have a health condition or a disability that affects your ability to work, you can get assistance and advice on returning to the workplace by speaking to

a Work Coach at your local Jobcentre Plus. Whether you have just lost your job or have been out of work for a long time, a Work Coach is trained to be able to help you to find work or to gain new skills for a job.

A Disability Employment Advisor focusses on upskilling and supporting Work Coaches to deliver the best service they can. We recently met with Sheila Grice, who is new in post as a Disability Employment Advisor and asked if she would tell us a little more about her role.

'I have recently taken up a new role within the DWP which is Disability Employment Advisor covering the Scottish Borders area, I therefore work from Galashiels, Hawick and Eyemouth Job Centres. The title is a bit of a misnomer in that it is not just 'disability' I work with but anyone who has an on-going health condition, this could be a physical or mentally based condition.

I have come to this post from a varied background including, Work Coach in the Job Centre, Employer Advisor within the Third Sector, and several forms of self-employment including Mushroom Grower!

I have two primary tasks within this post; to engage with local provision, NHS practices and organisations, keeping Work Coaches updated about them. Also, to work alongside the Coaches in providing the best way forward for their customers.

The first of these tasks has both kept me very busy but has also been incredibly informative. There is amazing work being done out there that I did not know about and I am sure there is even more I need to find out about. To that end I would be delighted if organisations who I have not yet managed to contact would get in touch. The best way to contact is via email – [sheila.grice@dwp.gsi.gov.uk](mailto:sheila.grice@dwp.gsi.gov.uk) '



## Why the CHI?

Everyone registered with a Scottish GP practice has their own unique 10-character Community Health Index (CHI) number.

The CHI system helps to ensure that information about your healthcare is not mixed up with someone else's. It is also supposed to help NHS staff to access the information they need to provide you with the best possible care.

The NHS in Scotland has been using CHI numbers for 30 years, so they're nothing new. What is new is that we're now making better use of CHI numbers by using them whenever possible. So you might now notice your number on your medical records or in correspondence sent to you from the NHS. You don't need to memorise your CHI number. By using the number, NHS staff provide a more joined-up service between all of our different departments.

### Your CHI number is supposed to:

- Reduce the need to ask you the same questions again and again
- Help to ensure that your medical information moves smoothly between different NHS departments
- Help staff make more informed decisions about your healthcare
- Can help NHS staff identify you correctly in an emergency situation.

Your CHI number may be included on other documents where appropriate. For example, the new Citizen's Entitlement Card will carry the CHI number.

If you wish, you may request that the number is removed from your card by contacting:

Information Services Division,  
NHS National Services Scotland,  
Gyle Square,  
1 South Gyle Crescent,  
Edinburgh EH12 9EB,  
Tel: 0131 275 7050  
[NSS.isdSHIS@nhs.net](mailto:NSS.isdSHIS@nhs.net)

## Chefs Recipe Corner



Welcome to the Chefs Recipe Corner. Ability Borders are fortunate to have a trained chef as one of our members. We thought it would be nice if he could give us some delicious, easy, low-cost recipe ideas to share with you. Luckily, he agreed...

As it is the middle of the winter, we will feature two heart-warming soups. These will feature the often underused vegetable, beetroot, which is very tasty and gives the soup a hearty, velvety texture. You can either use whole beetroots, cooked whole in a pan of water for 40 to 50 minutes then cool, skin and dice or they are available in supermarkets in packets already cooked.

Once cooked you can cool the soup and Store in freezer for up to 2 months (best to date it with a label) or it will keep in the fridge for 2 to 3 days.

### Beetroot, Carrot and Ginger Soup

Serves 4 portions

#### Ingredients

25g butter

300g of cooked beetroot diced

200g of carrots chopped

1 onion finely chopped

1 teaspoon of finely chopped or puréed ginger

500ml of vegetable stock

#### Method

Melt the butter in the pan and slowly cook the onion for 5 minutes without colouring (known as sautéing).

Add the chopped beetroot, carrot and ginger and cook for a few minutes before adding the stock.

Cover and simmer for 20 minutes until the vegetables are tender.

Blend or liquidise until smooth.

Check the seasoning and serve.

## Beetroot and roasted Parsnip soup

Serves 4 portions

### Ingredients

1 tablespoon olive oil

1 large parsnip peeled and diced

Knob butter

1 medium onion diced

Clove of garlic crushed

300g cooked beetroot diced

400ml of veg stock

2 tablespoons of double cream add before serving

### Method

Preheat oven to 200 degrees c / 400 degrees f or gas mark 6.

Coat parsnips in olive oil, spread evenly on baking tray, then bake in oven for 20 to 30 minutes, until cooked through and golden.

Melt butter in saucepan add onion and garlic and cook gently for 5 minutes.

Add cooked parsnips and beetroot and stock. Bring to boil then lower the heat and simmer gently for 15 minutes.

Blend or liquidise until smooth.

Before serving stir in cream reheat gently.

I hope you enjoy these recipes and I will be back with more in our next newsletter.  
Bye just now, happy cooking and eating.

Chef

## Free Ramps & Walkways

We have been contacted by a member of the public who has recently moved into a new home in Blyth Bridge. The previous owner was a wheelchair user and had installed a substantial amount of steel ramps, walkways and railings installed around the house.

The new owner would like to donate these to someone who would benefit from them. They are in excellent condition and cost the previous owner over £6000.

The total size is approx 20M long x 1M wide. The ramps and walkways are made of steel with nonslip design and have green metal tubular rails on each side. It is all sectional so can be erected in different configurations

The only thing the owner would ask is that is that if anyone wants it they must take it all, not just bits and pieces.



If you are interested in this wonderful opportunity, please email us:

[enquiries@abilityborders.org.uk](mailto:enquiries@abilityborders.org.uk)

## About Us

Ability Borders is an information, signposting and support service for adults with a physical disability or long-term condition and their family and carers.

We understand the importance of being able to access relevant and up to date information easily. With so many things to consider when living with physical disabilities and long-term conditions, we believe that access to information should not be yet another challenge.

Knowing where to go for help or for information about your rights and the services available is vital for independent living and tackling isolation.

We aim to be the first line of support for anyone with a physical disability or long-term condition. We enable a network of people with disabilities, their carers and support organisations to share information and experience of services and provide a collective voice for our service users, seeking changes and improvements to services.

## Member Groups

We currently have 3 member groups who typically meet monthly in Duns, Hawick and Galashiels. We are working to set up another group in the Peebles area.

The members are actively involved in discussions around services, participate in consultations, contribute to our newsletter and actively get involved in events. The meetings allow us to share new and updated information, provide peer support and voice our successes or concerns. The groups have some lovely members with a range of disabilities and conditions who love to all come together when they can.

If you would like to come along and see if the groups are for you, then please call or email us. Everyone is welcome!

## Contact Us

We hope you have enjoyed this newsletter. **Please get in touch if you would like to subscribe to the newsletter by emailing the address below.**

We would also love to hear your thoughts about the newsletter. Perhaps you have some tips you would like to share, information about your own group, an appeal for help in your area or to highlight an example of great service and support you have experienced. Whatever it is, we welcome your constructive input.

Please also contact us if you would like to become a member of Ability Borders.

Email: [enquiries@abilityborders.org.uk](mailto:enquiries@abilityborders.org.uk)

Tel: 0300 999 2273

Facebook: Ability Borders

Web: [www.abilityborders.org.uk](http://www.abilityborders.org.uk)

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Ability Borders is a Scottish Charitable Incorporated Organisation

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