



Welcome to dasl

dasl is a local, user led organisation controlled by Disabled people

We are a member organisation because we believe that **we are stronger together**

Our vision is of a world in which diversity is valued, difference is celebrated and equal rights and opportunities are enjoyed by all

In this guide



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Our services



Our services continue to run by phone, video meeting or face-to-face if this is safe to do so

Community Development

enquiry.line@disabilitylambeth.org.uk

020 7501 8976

Direct Payments

direct.payments@disabilitylambeth.org.uk

Call 020 7501 8960

Follow on Support (employment)

peter.sanders@disabilitylambeth.org.uk

07376859159

IntoSport and Social

intosport@disabilitylambeth.org.uk

07512566875

Independent Advocacy

advocacy@disabilitylambeth.org.uk

Call 020 7501 8966

Specialist Advice Service

enquiry.line@disabilitylambeth.org.uk

Call 020 7738 5656

Volunteering Opportunities

020 7738 5656

volunteering@disabilitylambeth.org.uk

How to use this guide



Where you see words [underlined in blue](#) please click on it.

This is a link to take you to the email address or website.

If you have a paper copy of this and need the links then let us know

Because of Covid-19, all our group activities are on the internet. We use **Zoom**.



What is Zoom?

Zoom is a video chat software to help you have meetings with people online. You don't need to pay to use it.

You can see and speak to people at the same time.

You need:

- A laptop, computer, tablet or a smart (camera) phone
- Access to the internet or enough data on your phone. Zoom will take up a lot of data so please use wifi if you have this.



We will send you a link and password for your group. **Please don't share this link.**

You can turn off your video or microphone if you want to.

Please be safe on the internet. For some advice on how to keep safe online please see guides from websites such as [Stay Safe Online](#), [Get Safe Online](#), [Age UK](#), [Safety Net Kids](#) and [Change](#).

Information on Covid-19



For the latest advice and information from NHS England about Coronavirus please [click here](#)

Easy read information to download can be found at many places including: [Keep Safe](#), [Books Beyond Words](#), [Mencap](#), [Easy Read Online](#)



For any medical advice and information please visit the NHS England website

You can access the [NHS 111 service online](#) or call **111** if you cannot use the internet.



For life threatening emergencies call **999** for an ambulance

For the latest information about visiting loved ones in care and nursing homes please see the latest Government [guidance](#).

[Right2Visit](#) provides information for families and friends of people who are Autistic or who have a learning disability.

The National Development Team for Inclusion (NDTi) have a [guide](#) with ideas on how to keep in touch with people during difficult times. This has ideas for people who do and don't have use of the internet.



Support for your mental health

Covid-19 has affected us all in many ways.

If this has had an impact on your mental health and wellbeing there is support available to you. Here are some sources of support.

[Lambeth Single Point of Access \(SPA\)](#) can support you to access a range of services including one of the three Living Well Centres, specialist support or local community groups.

Refer yourself by the [online form](#) or call **0800 090 2456** (Mon to Fri 9-5)

[Lambeth Talking therapies](#) can be accessed by their [online self referral form](#) or by calling **07971717534**

[Solidarity in a Crisis](#) provides out of hours peer-support
The Crisis hotline is open Monday to Friday: 6.00pm – 12.00am
Saturday and Sunday: 12.00pm – 12.00am.
Freephone **0300 123 1922**
text: **07889756083**
email: outofhours-solidarity@certitude.org.uk

[The Help Hub](#) provides confidential support if you are finding life difficult due to Covid-19.

[Every Mind Matters](#) by the NHS provides lots of helpful tips to cope with daily life

[The Recovery College](#) provides a range of online courses and resources for people experiencing mental illness and their families, friends or staff

Age UK have some [tips and resources](#) to support your wellbeing

The Samaritans are available 24 hours a day
Call free on 116 123 or email jo@samaritans.org

Keeping safe from abuse

Abuse can take many forms.

Everyone has a right to live free from abuse and neglect. Safeguarding is everyone's responsibility.

Lambeth's [Safeguarding Children's Board website](#) and [Safeguarding Adults Board website](#) has lots of information, guides and posters you can download.

[Ann Craft Trust](#) is also a leading source of useful information

To raise concerns regarding children contact Children's Social Care at Lambeth Council: Call 020 7926 5555
Email helpandprotection@lambeth.gov.uk or report concerns [online](#)

To raise concerns regarding adults contact Adult Social Care at Lambeth Council: Call 020 7926 5555 or report concerns [online](#)

In an emergency please call 999

Other helpful contact details:

National Domestic Abuse Helpline (Refuge) for free and confidential advice, 24 hours a day on 0808 2000 247
For support in Lambeth, contact [The Gaia Centre](#) on 020 7733 8724 or lambethvawg@refuge.org.uk

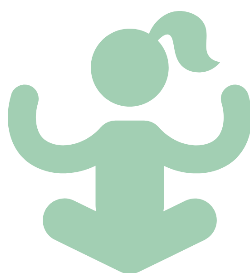
Visit the Government's #YouAreNotAlone support pages [Violence Against Women and Girls](#) (contains lots of useful numbers and links for other organisations)

[We are Hourglass](#) (challenging abuse against older people)
[Friends Against Scams](#)

Citizens Advice Consumer Helpline 0808 223 11 33
Action Fraud (to report a fraud) 0330 123 2040
[Lambeth Trading Standards Team](#)

Our activities

Inclusive Sport and Physical Activities (iSPA)



Pilates with Robyn and Freedom

Where: ZOOM
When: Wednesdays
3:15-4pm

Pilates is a safe, low impact and highly effective method of exercise, improving strength and flexibility, relieving stress and significantly aiding posture.

Our session leads have significant knowledge of anatomy & physiology. Meaning you're in safe hands.



call us: 020 7738 5656



email: enquiry.line@disabilitylambeth.org.uk

Inclusive Sport and Physical Activities (iSPA)



Lets Move with Will

Where: ZOOM

When: Thursdays 5:15-6pm

Let's Move with Will is a combination of standing and seated exercises that look to build strength and stamina, leaving you feeling energised. If you're looking for a little more intensity to your workout then this class is for you.

As well as being the session leader, Will is also our Sports & Social Coordinator here at dasl



call us: 020 7738 5656



email: enquiry.line@disabilitylambeth.org.uk

Inclusive Sport and Physical Activities (iSPA)



Mindfulness & Yoga with Will

Where: ZOOM

When: Friday 6:15–7pm

Yoga is a physical and mental practice. The purpose of yoga is to bring harmony in the body, mind and environment. Yoga is a safe place for you to find balance connecting breath with movement



call us: 020 7738 5656



email: enquiry.line@disabilitylambeth.org.uk

HAPPY DRUMS with Tony Stay Active & Have Fun



Saturday 11-11:45am

What to expect:

- Basic fun warm up exercises; voice or physical
- Make a percussive instrument in your home and use them in the sessions and also to use the body as percussion
- Singing and playing uplifting songs with the aim to make you feel good, build self-confidence, working together.











call us: 020 7738 5656



email: enquiry.line@disabilitylambeth.org.uk

dasl Sports & Social Activity Zoom Timetable

We might not be able to meet in person right now, but we can still connect, be active and socialise together! Contact us for more information about these inclusive sessions.

Monday	Wednesday	Thursday	Friday	Saturday
<p>Sensory Dance Private Group</p> 	<p>Multi Sports Private group</p> 	<p>Coffee Morning 11am-12pm Hosted by Paula</p> 		<p>Happy Drums 11-11:45am Hosted by Tony</p> 
<p>Craft Club 6:30 – 8pm Hosted by Paula</p> 	<p>Pilates 3:15 – 4pm Hosted by Robyn or Freedom</p> 	<p>Let's Move with Will 5 15– 6pm Hosted by Will</p> 	<p>Mindfulness & Yoga 6:15 – 7 pm Hosted by Will</p> 	



call us: 020 7738 5656



email: enquiry.line@disabilitylambeth.org.uk

Our activities

Into Sport and Physical Activities (iSPA)



Lets Move with Sebastian

Did you know that we have several exercise videos on our YouTube channel? [Click here](#) to watch them!

Each video takes you through a range of low impact exercises that are demonstrated by Sebastian.



Do you need support with using your iPad or tablet?

We have an IT volunteer who can help you learn how to use your device better!



call us: 020 7738 5656



email: enquiry.line@disabilitylambeth.org.uk

Our Social Activities

Craft group (by ZOOM)



Learn some new skills and join our weekly craft group

Monday 6:30–8pm
(weekly until March 22nd)

Hosted by Paula

Coffee Morning (by ZOOM)

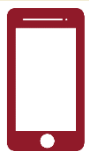


Meet new and old friends. With maybe some bingo thrown in!

Who doesn't love bingo?!

Thursday 11am–12 noon
(every two weeks)

Hosted by Paula

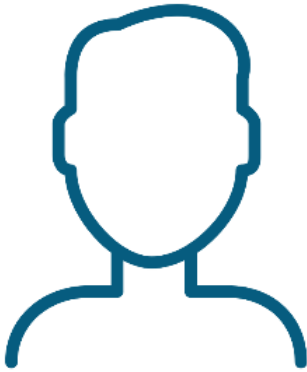


call us: 020 7738 5656



email: paula.harrison@disabilitylambeth.org.uk

Welfare calls



Do you feel lonely and want someone to talk to?

We are offering regular calls to Disabled people in Lambeth. If you would like us to call you please let us know.

Smashing Records



Tune in or be part of a show!

Thursday at 4-4:30pm 104.4FM
Listen to our weekly radio show
at www.resonancefm.com

Disabled people tell their stories,
play their music, discuss issues
and read their poetry.



call us: 020 7738 5656



email: enquiry.line@disabilitylambeth.org.uk

Postcards from home



Postcards from Home



What are you doing? How are you feeling?

We wish to capture your voice and experience of lockdown.

We invite you to send us a card.

Draw, write, sew, paint, take a photo, express yourself in any way.

Your creation will be a collective voice and memory of disabled people and carers' experience of lockdown.



disability advice service lambeth

Get involved

Email:

enquiryline@disabilitylambeth.org.uk

Call:

0207 738 5656

tell us if you would like to be part of the collection

A PROUD PARTNER OF...

CONNECT LAMBETH

dasl activists



Do you want to campaign on issues in Lambeth that affect you?

Join our new group of dasl activists!

Help us plan our events, campaigns and communications to raise the voice of Disabled people in Lambeth.



call us: 020 7738 5656



email: enquiry.line@disabilitylambeth.org.uk

Connect Lambeth services

In addition to the support provided by dasl as part of Connect Lambeth contact details for other services are:

Lambeth Advocacy Hub

Statutory Advocacy Services for Lambeth residents aged 16+
Services are provided by dasl, CSNSL and POHWER

020 31434 9000

advocacy@connectlambeth.org

www.connectlambeth.org/advocacy

Age UK Lambeth

A range of information and advice services for eligible Lambeth residents

<https://www.ageuk.org.uk/lambeth/>

0333 360 3700 (Mon-Fri 10am-4pm)

info@ageuklambeth.org

Carers Hub

Specialist advice and support for unpaid carers in Lambeth

020 7501 8970

connect@carershub.org.uk

Community Support Network South London (CSNSL)

Non-statutory advocacy support for Lambeth residents living with mental illness

020 7274 4490

info@csnsl.org.uk

<https://www.csnsl.org.uk/contact/>

Royal Association for Deaf People (RAD)

Specialist advice and support for D/deaf Lambeth residents

07912630786 (text only)

advice@royaldeaf.org.uk

<https://royaldeaf.org.uk>

Lambeth Groups

For unpaid carers

Cuppa and Catch up Group

A relaxed social group
Tuesdays 10:45-12pm (weekly)

Mindfulness for Carers

Wednesdays 10:15-11am (weekly)

Dementia Peer Support Group

In partnership with the Alzheimer's Society
Wednesdays (once a month)

Mental Health Peer Support Group

Wednesdays (once a month)

Learning Disability and Autism Carers Peer Support Group

Wednesdays (once a month)

Bereavement Help point

Tuesdays (weekly)

All sessions are currently online

Legal Clinic

Wednesdays (monthly) 30 minute free telephone legal advice on either Lasting Power of Attorney or Court of Protection matters

Advanced Care Planning Clinic

1 hour telephone support on how to complete an advanced care plan



Carers
Hub
Lambeth

For more information please contact
Carers Hub Lambeth on
020 7501 8970 or
connect@carershub.org.uk

Lambeth Groups

Brixton Umbrella Circle

Monthly meetings on the first Saturday of each month for more in-depth workshop or discussion on a variety of self help, cultural or political topics for Lambeth LGBTQ residents aged 50 +

Email brixtonumbrellacircle@gmail.com

Connect and Do

Online activities by Certitude bringing people together who have shared interests and hobbies. Activities include discos, singing, crafts, art and social groups

Call 020 8772 6222

Email connectanddo@certitude.london

Joy of Sound

Online inclusive music and arts sessions

Call 07906916524

Email angelacontucci@gmail.com

My Social Lambeth

020 7346 6800

Email info@ageuklambeth.org

Tulse Hill Tea Time Chat

Weekly meet ups for parents with young children looking to add some extra fun to their lockdown experience. Every Monday 4-5pm by Zoom.

Email Saffron at smykels@ncb.org.uk to join

Other groups

[Arts 4 Dementia](#)

An online resource to find creative activities, events and workshops to empower people through artistic stimulation. Activities provided directly include Dance for the Brain, Tuesdays 2:15-4pm via Zoom.

Contact Veronica on 07713636381 or veronica@arts4dementia.org.uk

[Daily Hope](#)

Launched by the Archbishop of Canterbury, this phone line has been set up to offer music, prayers and reflections as well as full worship services from the Church of England to listen to from home.

Available 24 hours a day on 0800 804 8044 (free number)

[The Staying Inn](#)

The Staying Inn is a Virtual Pub inspired by the Disabled community to keep people in self-isolation connected during the COVID-19 crisis. From our weekly pub quiz, to stitch and bitch, book clubs, film groups, lectures and lessons, The Staying Inn is bringing skills sharing, friendship and fun to an online community of pub goers!

[Respond Chat](#)

For Women aged 18-25 who feel sad, anxious or lonely or have been hurt or abused.

Tuesday and Thursday 2-4pm.

WhatsApp chat 07599673249

Activity ideas

Here is some information about local Lambeth activities and some ideas on how to beat boredom.

This is a guide only and every effort has been made to make sure this is up to date. However dasl is not recommending any particular group and does not take any responsibility for incorrect information.



There are lots of websites with ideas for activities and how to stay in touch with people. Here are a few:

[Activity ideas](#) from the Alzheimer's Society

Covid-19: [Arts and creative resources](#) for older people and anyone else in isolation

[The March Network](#)— a mental health network focused on the power of bringing people together with social, cultural and community assets

Breath— A 30 Day Yoga Journey is brought to you by Adriene on [YouTube](#)

Sport England's [Join the Movement](#) gives tips, advice and guidance on how to keep or get active in and around your home

[Get Yourself Active at Home!](#) A collection of some of the best at home workouts.

Higher intensity workouts are provided by Joe Wicks the Body Coach on his [YouTube channel](#)

Activity ideas

Free ways to learn something new!

Some ideas by [Money Saving Expert](#)

Morley College in the Community have a range of [online courses](#) to get your creative juices going and help keep your body active and relaxed.

[Short online courses](#) on how to internet bank, video call, email, find medical advice

[Virtual classes](#) to help develop IT skills in older and vulnerable people and their carers

[Clear Community Web](#) supports Disabled and older people, carers and community groups develop their digital skills

Why not try and how to use a tablet ?

You can download apps, games, communication aids, music and many more!

You can use a tablet to have a video meeting with your friend or family if you cannot see them in person.



WWW



Activity ideas



Read a book or magazine

Download a book beyond words

Listen to an audio (speaking) book including borrowing one from [Listening Books](#) or your local library, apps such as [Audible](#) or buy a cd



Video call your friends or family

Make up a story and tell other people

Buy a [BagBook](#) to tell an interactive story

Make your own interactive story with objects

Video yourself telling a story and send it to your friends



Tell, video or draw your story for the [Surviving Through Story](#) website for people with learning disabilities about lives in lockdown and beyond

Write your life story- use photos, videos to tell your story or make a scrap book or download the [My House of Memories App](#) to help you



Create a memory box

Send a letter to your favourite actor or musician. Ask for their autograph or join their fan club. Do they have a book?

Activity ideas



Draw or learn to draw

Paint

Sew or Knit

Cross stich

[Decoupage](#) a shape

Make paper mache

Make jewellery

Decorate your own tote bag

Make a card and send it to your friend or family

Do a word search puzzle or crossword

Play bingo

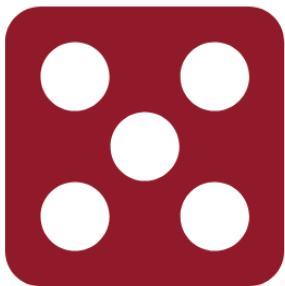
Play a board game

Play cards, get large print cards

Make up your own game

Do a jigsaw puzzle

Some [jigsaw puzzles and games](#) are easier and are designed for people with Dementia



Activity ideas



Take photos

Look at your photos, tell people about them.
Ask people about their photos.

Make a scrapbook (photos, leaflets, anything
you like)



Make a collage of pictures on the computer

Role play being at a cinema, make tickets,
serve popcorn and choosing your film.

Talk about news

Read a newspaper



Listen to the newspaper being read

Talk about history

Visit a museum online including:

[The British Museum](#)

[The National History Museum](#)

[The National Gallery](#)

[The Vatican Museum](#)

[The Guggenheim](#) in Bilbao



[Vocaley](#) provides audio description of
museums, galleries, theatre and heritage
sites for blind and visually impaired people.

Take a virtual tour of the [Vatican City](#)

Watch [NASA's live TV](#) all about Space

Activity ideas



Join an online choir

Find your local [Singing for the Brain Choir](#) (for people with Dementia)

Listen and watch a choir online

Sing your favourite song on Karaoke

Learn a new song



Set up a singing group with your friends, family or people you live with

Listen to music

Listen to music that brings back memories such as the BBC [Reminiscence Archive](#), [M4Radio](#) or [BBC Rewind](#)

Learn an instrument

Make a musical instrument like a shaker

Join a music session like [Future Directions](#) on Facebook

Watch a concert or gig online

Watch a musical online

Some musicals may be free including those on [What's On Stage](#) or you can watch or rent some from various places such as [The Shows Must Go On](#)



Activity ideas

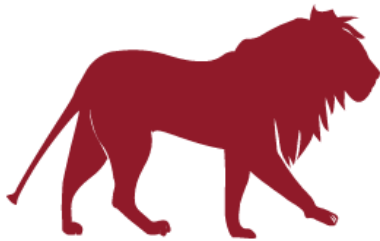


Plant a flower or plant and watch them grow

Buy or make a bird feeder and watch the birds in your garden

Try and learn about the [different types of birds](#).

Find out about [feeding animals in winter](#)



Take photos of wildlife in your garden

Watch a live webcam at a Zoo or Aquarium including:

Edinburgh Zoo [Panda](#), [Penguin](#), [Tiger](#), [Koala](#) or [Lion](#) cameras

[San Diego Zoo](#)

[Monterey Bay Aquarium](#)



Get some fresh air in your garden or the park. Listen to the noises you hear.

Find out about the different trees you see

Take a bark rubbing from a tree with crayons

Have daily exercise

Learn a new sport

Join a sport group or session, like dasl's.



Play bean bag games (throwing, catching, aiming for a target- like a bucket)

Activity ideas



Bake

Learn a new recipe

Make up a recipe

Have food from a different country that you've not eaten before.



Learn more about that country:

Where is it?

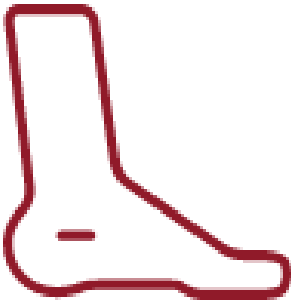
What colours are on their flag?

What language do they speak?

Do they have traditional clothes?

Do they have traditional music?

Listen to the music!



Have a foot or hand massage

Paint your finger or toe nails



Establish if a doll or cuddly animal may offer people comfort, relaxation or pleasure.

Some dolls may be called Dementia Dolls and provide people with strong connections, we strongly suggest that you look at information and available including at

[Dementia UK](https://www.dementiauk.org/)

Multi sensory

Here are some ideas to support people to have different sensory (touch, hearing, vision, taste and smell) experiences which may offer people increased choice, comfort, engagement and new or similar feelings



Make a fabric board or wall with different textures

Have a fabric box of different textures for people to feel- include feathers

Develop objects of reference to support people to make choices, understand what is happening now and next

Get a variety of different shape and feel balls or fidget toys or sensory bangles

Make some slime or putty

Touch the slime or putty, make shapes with it.

Play different sounds and find out what sounds people like

Use a switch control item like the [Big Mac](#) to record voices and sounds and support people to use these to start and stop the sounds.

Use aromatherapy oils or diffusers

Use multisensory lights and objects 29

