

# Redcar & Cleveland ROC's Information and Shopmobility Service

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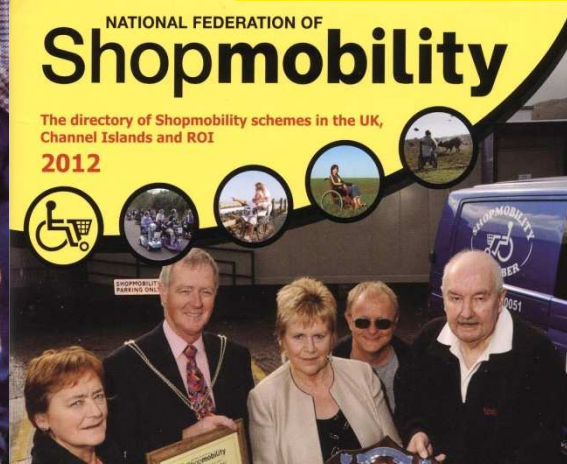
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**10a.m. to 4 p.m. Tuesday to Saturday**

(Excluding Bank Holidays)

**3 - 4 Pybus Place Redcar TS10 3AE**

Just off the Esplanade Near Pacitto's and Blue Badge Parking

Phone/Fax & Voicemail: **01642 498894**

Text: **07918 698700** E Mail: [rocshopmobility@btconnect.com](mailto:rocshopmobility@btconnect.com)

[www.redcarroc.org.uk](http://www.redcarroc.org.uk)



# Redcar & Cleveland ROC's Information and Shopmobility Service

## ROC's Shopmobility Service

Membership is £15 per year and £10 for members of F.R.O.G. transport.

Members have 3 hours free use each time you hire a scooter, power chair, wheelchair or walker and then £2.00 an hour. Casual use is £2.00 an hour.

Long term manual wheelchair or walker hire is £20 for the first week and £10 for each additional week.



### Our Best seller RADAR keys only £3.00

RADAR keys give access to disabled people to about 7,000 locked public toilets around the country.

#### Also available by popular demand:

Blue Badge Holders £2.50 Stick straps £1.50

Stick ferrules £1.00 each or 2 for £1.85 Key Safes £25.00

**FREE: Why not use our Wheelchair accessible scales**

## Credit Union Collection Point



**R&C Money Tree Credit Union** is a profit sharing, financial co-operative owned and controlled by its members. Anyone over 18 who lives or works in Redcar & Cleveland is eligible for full membership.

The Junior Savers programme is for under 18's.

All welcome regardless of income/employment status/age or debt history.

**You can join here** and we will help you to fill in an application form, and explain some of the benefits of joining R&C Money Tree Credit Union as a convenient way to save and borrow money.

**Available here! MAKE IT A NEW YEAR RESOLUTION!!**

**11.00 a.m. to 2.00 p.m. Tuesday to Saturday**

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# Redcar & Cleveland ROC's Information and Shopmobility Service

## ROC's Information Service

### Information is the key to independent living

ROC works with many partners to help you make positive & informed choices. We have a wide range of information in different formats in the shop & through the internet.

Ask ROC about: Aids & Adaptations, transport, leisure, sport, welfare rights, disability, mental health, sensory loss, local services, carers, advocacy, volunteering, education & training, having a voice.

Got a question or concern? If we cannot help we will know someone who can.

**Confidential, free & independent**

### January to March 2012 Hot Desk Partners Here at our shop!

<b>January</b>	<b>TIME</b>	<b>ORGANISATION</b>
<b>Wed 4th</b>	<b>1p.m to 4p.m</b>	<b>Independent Complaints Advocacy Service (ICAS)</b>
<b>Tues 10 and 24th</b>	<b>11a.m to 1p.m</b>	<b>R &amp; C Local Involvement Network (LINKs)</b>
<b>Fri 13th and 27th</b>	<b>1p.m. to 3p.m.</b>	<b>Victim Support</b>
<b>February</b>	<b>TIME</b>	<b>ORGANISATION</b>
<b>Fri 10th and 24th</b>	<b>1p.m to 3p.m</b>	<b>Victim Support</b>
<b>Fri 10th</b>	<b>10a.m to 12 noon</b>	<b>The Main Project, Autism Support</b>
<b>Wed 1st</b>	<b>1p.m. to 4p.m.</b>	<b>Independent Complaints Advocacy Service (ICAS)</b>
<b>March</b>	<b>TIME</b>	<b>ORGANISATION</b>
<b>Weds 7th</b>	<b>1p.m to 4p.m</b>	<b>Independent Complaints Advocacy Service (ICAS)</b>
<b>Friday 9th and 23rd</b>	<b>1p.m. to 3p.m.</b>	<b>Victim Support</b>

# Redcar & Cleveland ROC's Information and Shopmobility Service

## January-March 2012 Info Themes

### Be Loud Be Clear in January 2012

## “Aged over 60?”

Make sure you do your  
bowel cancer screening test.  
It's as simple as 1, 2, 3...

Dr. Chris Steele  
Beating Bowel Cancer Patron



# 1

**Look after No.1**

# 2

**Yes, it is about No.2s!**

# 3

**3 times in one week,  
for a few minutes**

Bowel cancer is the UK's 2nd biggest cancer killer but if detected early, it can be cured. Please do the simple screening test that will be sent to your home. It could save your life.

For further advice, visit

**[www.bowel123.co.uk](http://www.bowel123.co.uk)**

To request a kit or for a replacement kit  
call 0800 707 60 60

 Ethicon  
Endo-Surgery

Supported by sponsorship from Ethicon Endo-Surgery



Registered Charity Number 1063614

© Beating Bowel Cancer, published January 2011

**Talk to your doctor about problems with your  
bottom or bowels**

# Redcar & Cleveland ROC's Information and Shopmobility Service

## January-March 2012 Info Themes

### February: Eating Disorder Awareness

#### Help For Young People

Youthline 0845 634 7650  
Mon – Fri 16.30 – 20.30  
Sat 13.00 – 16.30  
E-mail [FYP@b-eat.co.uk](mailto:FYP@b-eat.co.uk)  
Text 07977 493345

#### Help For Adults

Helpline 0845 634 1414  
Mon – Fri 10.30 – 20.30  
Sat 13.00 – 16.30  
E-mail [help@b-eat.co.uk](mailto:help@b-eat.co.uk)

[www.b-eat.co.uk](http://www.b-eat.co.uk)

#### Post

beat, Wensum House  
103 Prince of Wales Road,  
Norwich, Norfolk NR1 1DW

changing  
the way  
people  
think  
about  
eating  
disorders

HelpFinder Directory  
100's of support services listed here!

[www.helpfinder.b-eat.co.uk](http://www.helpfinder.b-eat.co.uk)



Find us on  
Facebook

## March 14th Take the Leap with No Smoking Day

**Call Smokefree: 0800 022 4 332**

Mon to Fri 9am to 8pm and Sat and Sun 11am to 5pm

Chat to adviser online [www.smokefree.nhs.uk](http://www.smokefree.nhs.uk)



**New Quit Kit 2012 available to order on line**



**WHY WAIT!!**

**Get a free Quit Kit today at local pharmacies including:**

Boots and Tesco Redcar, Lloyds Dormanstown, Boots Saltburn,  
ASDA South Bank, Lloyds Low Grange Health Village, Eston

High St Pharmacy, Boots Normanby, Cooperative Brotton and Guisborough,  
Boots Guisborough.

**Redcar and Cleveland Local Stop Smoking Service Call:  
01287 284487**