



Shropshire Disability Network

Your Voice, Your Connections

www.shropshire-disability.net

Registered Charity Number 1148256

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Minutes of SDN Quarterly Members meeting held on

Thursday 8th December 2016

at AFC Telford United Learning Centre,
Bucks Way. Wellington. Telford. TF1 2TU

10.30 am Refreshments, 11 am start.

Attendees: Ruby Hartshorn, Ian Roberts, Erica Staples, Peter Staples, Pam Newall, Philip Kent, Ann Shaw, Anne Howells, Jenny Dickenson, Kelda Wood, Kathy Jones, Jill Buckley, David Tarr, Mariella Lloyd, Adelle Wilkinson, Sara Giles, Tom McCorry, Marcus Watkin, Hannah Warner, Madeline Bedford, Rob Smith, Paul Roberts, John Simcox, Jo Edwards.

Apologies: June Jones, Roland Brown, Ian Hulme, Cllr Lea Chapman, Claire Humphries, Janis Manege, Sue Last, Jo Allmond, Jess Hiles, John Morris, Grace Hough, Sonia Roberts, John Hurst-Knight, Rachel Whitney, Ruth Houghton, Sally Joyner, Di Hughes, Ruth Russell, Julie King, Jessica Lightwood, Andrea Jones, Lynda Jones, Layla McKee, Kevin Tanner, Paul Nash,

1. Welcome

Ruby (Chair) welcomed everyone to the meeting, including several new faces.

2. Minutes of meeting 9th June 2016

The minutes of the last members' meeting on 9th June were agreed as correct. proposed by Ian Roberts; seconded by Jo Edwards.

3. Matters Arising

There were no matters arising.

4. Chair's Report

Ruby said it had been a busy quarter. Ann and Ruby had represented SDN at the launch of Lanyon and Bowdler's new Brain Injury Forum. Two Safe Places meetings had taken place. This scheme is flourishing.

SDN Christmas cards had been sold at the Pop Up Christmas Card shop had been open at St Mary's Church for 6 weeks. Ruby was grateful to the volunteers who work on the stand for 3 slots for SDN.

Ruby is now part of Shropshire's Safeguarding Forum.
A coffee morning had been held at Oswestry.

Two Awareness days had been held at the PRH. These are important for bringing in new members, raising awareness of SDN as well as money and sharing information.

There had been a meeting of the Pan Disability Forum, which is part of the VCSA. There are changes coming in the VCSA. Ruby will keep everyone updated. Alan Ward Furnishings had put on a two-day Christmas Market. Many charities were represented. There will be a report on Radio Shropshire - one charity will be highlighted each day in the lead up to Christmas. On the second day, Ruby was able to signpost a lady towards assistance in her caring role. Ruby also thanked the volunteers who gave their time on these days. There will be a round up soon to gather suggestions for this event for next year.

Ann and Ruby has been to the most recent Shropshire Community Liaison meeting at the University Centre in Shrewsbury. This is an informative meeting. Next year's university prospectus is out and will be made available on our website. The University reported that there had been no Hate Crime reports received. They have one student with a disability.

Since the AGM two newsletters had been published. Peter Staples has changed the programme that will be used to create the newsletter. He hopes to be able to train several people to assist. This is a huge job for one person. Peter and Ruby encourage people to provide news articles. It is intended to produce six newsletters per year. If there are any objections to this, members should let the Management Team know.

New photos have been put up on the SDN website. The new revamped 'Be Active' link on the website is a big improvement. As reported at previous meeting we are one of 7 partners in the Inclusively Fit Project & we host the Be Active Directory on our website. The new link had gone live two weeks ago, and showcases 100 plus activities. We are now in the third year of the project, which had recently been the subject of a Twitter campaign. Ruby encouraged retweeting messages, as well as visiting the website and giving feedback on your experience of visiting this tab. She re-iterated that this is not about us all becoming Para or Olympians - it is about taking little steps that may enable us to be more active or trying something new. Maybe you wish to have a go, but think that with your disability it is impossible. So, it is about looking and asking about the possibilities of taking part. This is the link to the new Be Active tab- <http://shropshire-disability.net/venues/> Since the launch we have been approached by two organisations that offer a sport for people with disabilities.

Ruby gave her thanks to the volunteers. We need new people. Even if you can only spare an hour, please come forward. She reminded people that members can apply at any time to become part of the Management Team, you don't need to wait until the AGM to apply.

There is a calendar of events on the website. The See Hear Exhibition on Wednesday 10th May 2017 (10th Anniversary) unfortunately clashes with an Oswestry coffee morning.

SDN and Safe Places have purchased sashes that our volunteers will wear when volunteering.

News from a previous speaker - Sophie Davies from Lanyon and Bowdler has given birth prematurely to a daughter, Freya. Both are doing well. SDN has sent a card of congratulations.

Events coming up:

- Carols in the Square at Shrewsbury 14th December. Safe Places will be distributing leaflets.
- SDN will be at Sainsbury's Telford on 21st December for a charity bag pack. Volunteers should speak to Ann.
- 20th December 2016 - Christmas party at the Lord Hill Shrewsbury that has been organised for people with disabilities. More information will be available on the website.
- 11th January 2017 - PRH Awareness Day 10 am-4 pm if you can volunteer see Ian.
- 8th February 2017 - Oswestry Coffee Morning 10 am -12 noon.

An email has been received from a member who is concerned about people who park on pavements and use accessible parking without Blue Badges. Indication at the meeting was many members are having problems with people & pavement parking as well as misuse of disabled parking. This will be discussed at the next Management Meeting. Andrea Jones from Guide Dogs is currently in discussions with West Midlands Police and Crime Commissioner.

5. Treasurers report

On deposit there is a balance of £3,527.06, which includes money for the Inclusively Fit Programme.

On current account the balance at the end of November was £1197,65. A further £251.07 is currently being paid into the account, giving a total of £1448.72. This is made up of £88.25 from the Princess Royal Hospital awareness day in November, £73.89 from the Charity Weekend at Alan Ward and £88.93 from the sale of Christmas cards. We are expecting to receive approximately £150 from the sale of cards at the Charity Card Shop.

This year we are in profit from the sale of our Christmas cards.

So far, this year the sales of these cards means that about 600 people will receive a card with details about SDN, which can only be good for raising the profile of the charity.

Erica thanked everyone who fund raises for SDN. We can continue to operate only with the help of our volunteers and the hard work they contribute to the charity.

Harry Tuffin at Church Stoke has donated £250 from their Annual Harry Tuffin Fun Day. Erica and Peter were picking up the cheque later today.

Ian mentioned that, next year, we will be looking to taking part in more small craft fairs to raise funds. If you have any wool etc. that you can donate, it would be appreciated or if you do craft and would like to donate a few items or make things for us, it would all be appreciated.

6. Guest Speaker - Kelda Wood

Kelda thanked SDN members for their messages of support.

Kelda had begun her life in sport playing netball at national level, but her real passion was horses. Her dream was to be an Equestrian for GB at the Olympics. Although she did not come from a wealthy family she was able, at 16 to buy her own horse. After a period of travelling she began race riding and training horses, including some winners. One day after exercising him, she was getting a bale of hay for him & all the bales-several tons fell on her crushing her leg. This changed her life. There was the possibility she could lose her leg. It was difficult for her to accept this & through the accident she lost her confidence.

She climbed Kilimanjaro without disclosing her injuries, but felt she was holding everyone back. On the last night, she was awarded the 'Hard as Nails' award. She had inspired the others in her group.

This was a turning point. She focused on what she could do. She trained as an outdoor instructor. She has developed the 'Climbing Out' Charity, a programme for young people with life changing illnesses or injuries. Kelda has helped 200 young people

Even so, she felt there was something missing. After answering an advert for potential Paralympic Talent, she was identified as having podium potential for Paralympic kayaking. Twelve months later Kelda was in the Olympic Squad. In January last year she stood in the Olympic Stadium in Rio as a competitor.

Competition for the only place at the Olympics is fierce, and Kelda missed out by the tiniest fraction. She did not see this as a failure; she had done everything possible to get through.

After Rio she had no goal. She was invited to become part of the Adaptive Grandslam team. 7 Peaks, 7 Continents, 2 Poles and 1 Mission. A group of disabled adventurers are on a mission to be the first disabled team in history to complete the notorious Grand Slam. Very few adventurers have completed all stages of this impressive feat, which entails summiting the highest peak on each of the 7 continents and walking unsupported to the geographic North and South Poles. The Adaptive Grand Slam team will learn to climb using modified techniques and equipment to take on the world's most challenging mountains. This evolving team is comprised of disabled adventurers, professional mountaineers and expedition leaders and supportive members of the extreme adventure community. Read more here <http://www.adaptivegrandslam.com/home/#the-peak-of-achievement>
In 6 days' time, she will be in Chamonix, then Gran Paradiso in Italy.

There are difficulties with her injured leg, and she wonders whether amputation would be the answer. She is no longer part of the Paralympic Kayak Team, so it is up to her what she does next. She regrets nothing. Who knows what the next step will be? There is the possibility of being part of a team to row the Atlantic.

Kelda answered several questions. She asked who knew about the new Climbing Wall in Shrewsbury. One or two members expressed an interest.

Ruby thanked Kelda for an extremely interesting talk and also for the 57 blogs she has written for SDN since her journey to Rio started. As a token of SDN's appreciation, Ruby presented Kelda with a Certificate of Appreciation.

Members broke for coffee and networking before the next speaker.

7. Guest Speaker – Sara Giles

Sara is the CPDA for Telford & Wrekin, one of the 5 Divisions of West Mercia Police, which covers Hereford, Shropshire and Worcestershire. Although the smallest Division, it is a high crime area. Sara is assisted by her trainee Tom, who is a Police Community Support Officer.

Sara has been trained at the College of Policing, and is qualified in Crime Prevention and Architect Liaison. This training is standard throughout the UK. This means that standardised advice is given wherever you live.

There are 4 parts to Sara's role.

- Crime prevention
- Architect Liaison
- Safeguarding and
- Park Mark Assessment

Crime Prevention – Sara gets referrals from police officers and visits victims to give advice and make a security assessment. This visit is always followed by a letter detailing the advice given. This has been essential when dealing with factories, where advice is given which is not followed on financial grounds. The company then has no comeback to West Mercia Police if they are burgled again.

Sara does lots of talks to the public, including Women's Institute and Pub landlords. She created a training package for Telford Council and is presently training every police officer in her Division about Crime Prevention.

Sara described her ideal secure house (see below).



Architect Liaison – Sara works with the planning department at Telford & Wrekin Council building housing estates that will reduce crime. Many existing estates do not meet the crime prevention guidelines. If the environment encourages crime, more will be committed. Some estates have perfect escape routes for offenders. These estates are impossible to change.

Safeguarding – Sara assesses houses after someone has been the victim of domestic abuse or honour based violence. These are at a high risk of being assaulted or attacked again. Sara said that honour based violence was quite common in Telford and involved young gay Muslim men. These cases are more complex as there is one victim, but a whole family of offenders.

She sits on a group which gives advice to Detective Police Inspectors, Social Services and Accident & Emergency Units.

Park Mark Assessments – Every year Sara looks at the parking facilities at Telford Town Centre, the Princess Royal Hospital and the Retail Parks to make sure they comply with crime prevention advice. They may need to increase CCTV or lighting to comply with the Park Mark.

Sara suggested visiting the Parking website when visiting towns to check their car parks have the Park Mark.

8. Any other business

Ruby asked members to suggest future topics or speakers for future meetings.

She also requested attendees complete the evaluation forms.

The raffle, which raised £36, was drawn. SDN were grateful to people who had provide items for the hampers and other prizes.

Ruby wished everyone a Safe journey home & a Happy Christmas and looked forward to meeting you again in 2017.

9. Next Meeting:

**Thursday 9th March 2017
10. 30 am for 11.00 start.
The Guildhall, Shrewsbury.**

Prepared by:.....

Approved:.....**Date:**

