



Your Voice



'The place for disability information in Shropshire'

Shropshire Disability Network – October-November 2018 – Charity No. 1148256

Jess's Gang Zips Through Titan Challenge



Jess cheered on as 22 brave volunteers, led by her Mum Jo, rose to her challenge and whizzed down the longest zip wire in Europe, the Titan in North Wales. Accompanied by the Four Muskebears mascots, Jess's Gang has raised over £1,400 with Gift Aid in sponsorship for Shropshire Disability Network, MacIntyre and Guide Dogs. Jo tells us how she felt on the day (eye damage sadly prevented Jess from riding the zip wire)...

“When 6th October arrived I'm not sure what I was thinking – excitement, nervous, what on earth was I doing, 'Jess, what have you got me into!' When we reached the Titan it was raining and miserable, but as everyone congregated it was clear we were all up for the challenge and more importantly we were there to raise money for Jess's three charities.

“I can honestly say it was one of the best things I have ever done and everyone came off saying, 'Can we do it again!' I was only sad that Jess was unable to experience it, as she would have loved it. Coming down the last zip wire, it was so lovely to see her waving and smiling. We have hopefully surpassed our target – thank you to everyone who has donated!”



Chair's message

Keep Warm, Keep Well

The government's Warm Home Discount Scheme is now open.

For more information, call or text Shropshire Disability Network on 07780 852 229.



Disability Confident

SDN has achieved Disability Confident Committed (Level 1) in the government's Disability Confident scheme for employers.



Dear Members,

As I write this letter, the sun is shining after another frosty morning. Autumn is now upon us, and we are blessed once again with a huge mix of lovely autumn colours.

Winter will soon descend, the trees will soon be bare and our heating will need to be turned up another notch. So my message is, try to 'Keep Warm, Keep Well This Winter'. The government's Warm Home Discount Scheme provides certain households at risk of fuel poverty with a one-off discount of £140 on their electricity bill. Anyone requiring further information about this, please let us know.

Since our September edition, SDN has been extremely busy. We were invited to take our information to the 'Oswestry Lifestyle Links' event at the Job Centre. We were very busy as people sought information from us. At SDN we know we have many barriers to break down and much work to do with Job Centres to help them to better understand disability and what it means, should any of us have to visit them.

During this event, we were invited by the DWP to apply to the Disability Confident scheme for employers. It was a test, as we have no paid staff. As your Chair, I am proud to share with you that we have achieved Disability Confident Committed (Level 1) in this scheme. We have a certificate to display and can use the Disability Confident logo on all our literature. They were very impressed by what we do and achieve. This gives our charity extra credibility and I look forward to working with them for the benefit of all people with disabilities.

Best wishes, **Ruby**

Powys Welcomes Safe Places Shropshire

Safe Places Shropshire coordinators from Shropshire Disability Network (SDN) were invited to Welshpool in neighbouring Powys to tell people about the Safe Places scheme. This was in cooperation with the local Police Community Support Officers.



We are delighted to announce that Welshpool is embracing the scheme with open arms. The fantastic first five local charities and businesses to sign up as Safe Places are: Ponthafren Association, Rikki Lloyd Family Butcher, Welshpool Jewellers, Coco Coffee House, and British Heart Foundation shop.



A Safe Place provides a short-term haven for anyone who is vulnerable when they are out in the community.

If anyone feels scared or threatened or has a crime committed against them while they are out, they can go into a Safe Place to ask for support. Some people carry a card bearing details of a trusted person whom a Safe Place member of staff can call.



To contact Safe Places Shropshire about how you can take part in the scheme or how it can help you, email hatecrime@shropshire-disability.net or telephone, text or write to SDN using the details on the back page.

Sharp-eyed readers will have spotted that the Safe Place cards which were promised alongside September's edition of Your Voice were missing. Please accept our apologies! Two cards are enclosed with this edition.

Unearth The Secrets Of Your Local Burial Ground

The Beautiful Burial Ground Project is offering a free training session at Shropshire Archives to Shropshire Disability Network (SDN) members who are interested in the stories told by our burial grounds.

The project is run by the charity Caring for God's Acre, and this session follows an intriguing nature walk at Longden Road Cemetery in Shrewsbury in the summer, which SDN members thoroughly enjoyed.

The training session will take place at Shropshire Archives, Castle Gates, Shrewsbury, SY1 2AQ, from 1.30pm to 3.30pm on 25th February 2019. It will cover an introduction to the Archives as well as how to use the Archives to investigate the lives and stories harboured in your local burial ground.



The burial grounds in the midst of our communities tell us about changing fashions and traditions and immigration and about lives both long-lived and tragically short. Come along to this session and learn which resources to use when investigating the stories behind the stones where you live.

Accessible

Shropshire Archives are accessible to wheelchair users. A hearing loop is installed. A British Sign Language interpreter will be provided if required.

The Archives have a 'clear star viewer' which uses CCTV technology to enlarge pages from printed books for you. They also have a hand-held video magnifier which you can use with documents and maps in the Search Room. Guides to sources can be printed in large text on request.

Some Blue Badge parking spaces are reserved for the session at the front door and staff are making additional parking available. This is down a flight of steps but drop-offs at the door are possible. The Beautiful Burial Ground Project will help with transport if required – please talk to SDN about this.

Please book your place by emailing secretary@shropshire-disability.net, telephoning or texting 07398 350 255, or writing to Shropshire Disability Network, C/o 26 Aldwick Drive, Radbrook Green, Shrewsbury, SY3 6BN.

The Photo Space Charity Launches In Ludlow

The Photo Space photography gallery in Ludlow has started up its own charity to support people who experience mental or physical illness, loneliness, bereavement or social exclusion. The new charity aims to promote wellbeing and even provide a lifeline through photography.

It plans to deliver photography experiences, including training, workshops and exhibitions, working through partners – professional and health organisations such as Social Services, the NHS, medical centres, charities (for example, Mind), therapists and community organisations.

The charity was launched at an event attended by its founder Peter Jones, Mayor of Ludlow Tim Gill, former picture editor of The Times newspaper Paul Sanders, and BBC Radio Shropshire presenter Jim Hawkins. The event took place at the Ludlow Methodist Church on 17th October 2018.

The Photo Space Charity,
1 Quality Square,
Ludlow,
SY8 1AR

Telephone: 0330 900 0290
Email: info@tpsc.org.uk
Website: <https://tpsc.online/>

Could You Be Crowned ‘Britain’s Best Home Cook’?

The producers of BBC One television show, Britain's Best Home Cook, have contacted Shropshire Disability Network, as they are encouraging people with a disability to take part in the show's second series. Are you a passionate and talented home cook? Why not apply to take part?

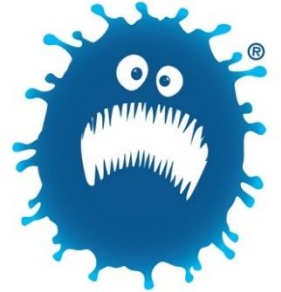


In this TV cookery competition, the participants aim to impress three famous judges – queen of home cooking Mary Berry, produce expert Chris Bavin and top chef Dan Doherty – with their culinary creations. The presenter of the show is Claudia Winkleman.

Anyone wanting more information and an application form can email cooking@keofilms.com, call Keo Films on Freephone 0800 0836 188 or send a text message to 07847 819 945. Those with internet access can also apply through the show's website, www.britainsbesthomecook.co.uk.



Flu facts vs flu fiction



Be a flu fighter, get your flu jab.



Fiction

The flu jab gives you flu

Fact

The adult flu jab doesn't contain a live virus so it's impossible to get flu from it.



Fiction

The flu vaccine does not work

Fact

The vaccine is the single most effective protection against flu.



Fiction

You can't spread flu if you're feeling well

Fact

You could be spreading flu right now, with 77 per cent of people with flu showing no symptoms.

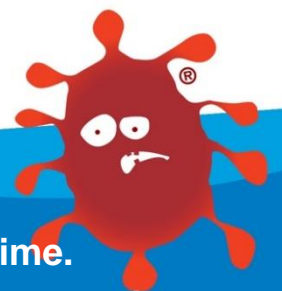
Fiction

I'm fit and healthy, I don't need the vaccine

Fact

Being healthy does not protect you against flu, and you could be spreading the virus with no symptoms.

www.nhsemployers.org/flumatters



Look for dates on your prescription for **flu clinic, location and time.**

Your GP practice will give you information on **flu clinic, location and time.**

Protect yourself and those around you.

Have Your Say On Children's Mental Health Services

BBC One's Panorama programme reported recently that "Britain is in the grip of a child mental health crisis and getting help is a postcode lottery".

Healthwatch Shropshire would like to know about the experiences of children, parents, carers and the professionals who support them in the Shropshire Council area.



Are our children getting the help they need when they need it? If you have used the services, what do you think? Are there gaps in provision? Healthwatch Shropshire is asking these questions as part of its Hot Topic looking at the recently launched 0 – 25 Emotional Health and Wellbeing Service in Shropshire.

This service includes two online services, Kooth and Helios, where people can access self-help, peer support, counselling and treatment. Support is offered through the BEAM drop-in centres along with face-to-face services from a multi-disciplinary Young People and Families Mental Health Service.

Healthwatch Shropshire's outgoing Chief Officer, Rachael Allen, said:

"We hear a lot in the national press about the mental health problems facing children in today's society and the services children can access. We really want to hear about the experiences people have of local services.

"We gather these experiences and feed them back anonymously to those organisations which provide and pay for the services. In this way user experience can help shape the development of services so that they truly meet the needs of the young people in Shropshire."

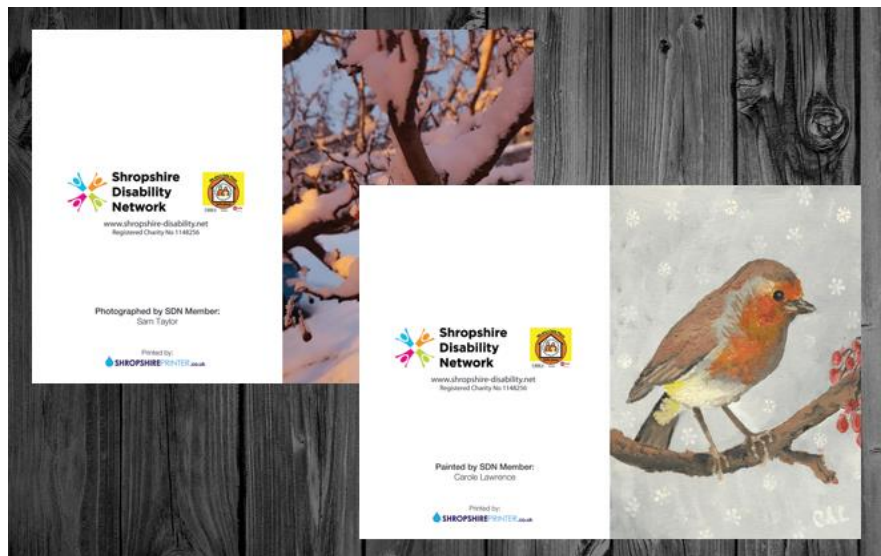
You can contact Healthwatch Shropshire by telephoning 01743 237 884, emailing enquiries@healthwatchshropshire.co.uk, through its website www.healthwatchshropshire.co.uk, or by writing down your experience and posting it to 'Freepost HEALTHWATCH SHROPSHIRE'.

Comments Or Suggestions?

If you have any comments or suggestions about the articles in Your Voice, please get in touch with SDN using the contact details on the back page.

Charity Christmas Card Shop

You can buy SDN's Christmas cards, including these designs by our members, at the pop-up shop, St Mary's Church, Shrewsbury, SY1 1DX. It is open 10.15am to 4pm, Monday to Saturday until 5th December 2018.



Inclusive Carol Service
1pm, Saturday 8th December
United Reformed Church (URC),
Shrewsbury, SY3 7BJ.
URC is wheelchair accessible.
These will form part of the
service: British Sign Language
(BSL), Makaton, large print,
Braille, clear print, a quiet space.

SDN Members' Meeting
10.30am to 1pm,
Thursday 13th December
The Movement Centre,
Oswestry, SY10 7AG.
With speakers from Samaritans
and The Sequal Trust
(communication aids) and
a BSL interpreter. All welcome.



To submit items to Your Voice, email newsletter@shropshire-disability.net or write to SDN, C/o 26 Aldwick Drive, Radbrook Green, Shrewsbury, SY3 6BN. Telephone or text SDN on 07780 852 229.



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@SafePlaceShrops

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